



*Love.
Transform.
Serve.*

trinity

TODAY

Vol. XXIX
No. 2
Jan. 21, 2007

115 N. 4th St.
Stillwater, MN 55082

MIX IT UP

Mexico Mission 2007

Sr. high students and adult volunteers of all strengths, gifts and talents have been selected to serve others through mission in Mexico this year. Together we are preparing for our service in Mexico led by Jesus Christ! Blessed with our unique and individual gifts, and with lots of labor, love, and encouragement, we will construct roofs for homes and even school classrooms. We will come together and work with the local communities and share and grow in our faith. We may even discover some of our gifts as we work, worship, and play together. If you would like to learn more about the Mexico Trip and how you can help support the mission, please contact Sara Stenstrom at ext. 145 or ssstenstrom@trinitylc.org

"Each of us has received a gift to use to serve others."

— 1 Peter 4:10



worship opportunities

January 20 & 21

- Saturday 5 p.m.: Worship, Communion
- Sunday, 9 a.m.: Worship, Communion, Nursery
- Sunday, 10:30 a.m.: The Walk, Communion, Nursery
- Sunday, 6 p.m.: The River (Grades 9-12 youth worship)

January 27 & 28

- Saturday 5 p.m.: Worship, Communion
- Sunday, 9 a.m.: Worship, Communion, Nursery
- Sunday, 10:30 a.m.: The Walk, Communion, Nursery
- Sunday, 6 p.m.: The River (Grades 9-12 youth worship)

remember in your prayers

Please notify the Trinity office at 439-7400 if you or anyone you know has a prayer need, or when you or a loved one is hospitalized (the hospitals do NOT notify us of admissions), has a baby or a death occurs in the family. Please contact Jane Backe at 439-6006 or Jan Most at 436-7264 for prayer team submissions.

Known to have been hospitalized/support in prayer

- Amanda Merton

Baptisms

- Charles Dugan Kern, son of Dugan & Jennifer Kern
- Russell William Rousu, son of Chad & Carla Rousu
- Emily Marie Lee, daughter of Troy & Melissa Lee
- Derek Lee Hernandez, son of David Hernandez & Angela Lee

Altar Flowers

- Jan. 20-21 – In loving memory of our parents, given by Diane and Richard Johnson

Deaths

Sympathy is extended to...

- The friends and family of **Jim Dartt**, husband of former Trinity Pastor Betsy (Dolmar) Dartt, who passed away.
- The friends and family of **Don & Sandi Steinmetz** on the death of Don's father, Arnie.

trinity transportation

Sunday van schedule

Trinity's van will be available during the Sunday 9 a.m. worship service. A van ride is available for members or non-members lacking other means of transportation. Please call the Church Office (439-7400) between 9 a.m. Wed. and 4 p.m. Thurs. to reserve your seat each week. Estimated pick-up times at senior residences if you have reserved a seat are:

8:15 a.m. – Boutwells Landing
8:25 a.m. – Raymie Johnson
8:35 a.m. – Croixdale
8:40 a.m. – Oakridge
8:45 a.m. – Rivertown Commons

worship attendance

Jan. 6 & 7

5 p.m.	86
9 a.m.	406
10:30 a.m.	286

Jan. 13 & 14

5 p.m.	145
9 a.m.	314
10:30 a.m.	312



prayer corner

O Gracious God,

Cover us with your feathers, for under your wings we will find refuge; a safe place.
Let us rest in your shadow, O God!

We will not fear, for you will be our shield, our protection and deliverer.

You will answer our call and be present with us in times of trouble.

Thank you, God. Amen.

If you have a prayer request, please fill out a prayer card, found in the pew, and place it in the offering plate; call the Church Office or contact Jane Backe at 439-6006 or Jan Most at 436-7264 (coordinators of the prayer chain). Mary Anne Staberg is the coordinator of the Tuesday afternoon prayer group. She can be reached at 439-1509. Prayer requests are kept confidential. All are invited to join the prayer chain or the Tuesday prayer group which meets at 1 p.m. in the Church Office by calling any of the numbers listed above.

trinity TODAY

Publication Number:
USPS 1509-650

Published every other week by
Trinity Lutheran Church
115 N. 4th St., Box 339, Stillwater, MN 55082
Editor: Mary Steffl

Design & Layout: Amy Shalles
Articles for the next *Trinity Today*
(issue dated Feb. 4), are due before
2 p.m., Wed., Jan. 24, to arrive in your
mailbox beginning Feb. 1.

Office: 651-439-7400

Fax: 651-430-2935

E-mail: trinitytoday@trinitylc.org

Web Site: www.trinitylc.org

Trinity Today is also available for download at
Trinity's web site.

Postmaster: Send address changes to Trinity
Lutheran Church, PO Box 339,
Stillwater, MN 55082.

A coat warms more than just a body

Submitted by Pam Lindberg

A special thank you for all the warm jackets, hats, mittens, snow pants and boots for the students at Dayton's Bluff Elementary School and the homeless shelter. I want to share a story of one of the jackets I gave to a student this winter. A first-grade student came into my room for a jacket. I was expecting the student; her teacher had asked me if there was a girl's jacket left; what I wasn't expecting was Tierra. I had first met Tierra in early November when she came in for a sweatshirt. Her teacher said it was the first time Tierra smiled all year. Now it was Dec. 22, the last day before Christmas break, and Tierra needed a jacket.

When she came into the room I gave her a big hug and she tried on the jacket; it was a lime green jacket and she loved it! That day she was in my room at least four times to bring me things – first a thank-you note and then other things that her teacher had borrowed from me. Each time she was wearing the jacket and she came up for a hug. When I saw Tierra in the hall that day going to lunch, yes, you guessed it she was wearing the jacket. She never took the jacket off that day and I saw that beautiful smile on her face every time I saw her!

I thought that was as good as it could get, until I talked to her teacher at the end of the day. She shared with me what had happened when Tierra came back to her room. When she walked in the room with her big smile (remember, that does not happen often), she asked her teacher if she liked it. Her teacher replied that the jacket was beautiful on her and it must

have been made just for her, and asked her if she liked it. Tierra then replied that she liked the jacket but the best part was that she even got a big hug from Mrs. Lindberg!

I thought that giving her the jacket was what she needed the most, but the hug and love was even more important to her. Had I not had the opportunity to give her the jacket she needed, she would not have received the hugs that she so desperately desired. Tierra now receives a hug every day I see her; in fact, she comes into my room at least once a day for a hug. Your help in bringing joy to our kids is priceless, thank you for helping me to help them. God bless!

We are looking for teachers, counselors, social workers, or anyone who works in schools that see need for children's winter clothing. If you can help keep more children warm, please let us know. We also need help from people in these schools to distribute the jackets where they are needed. Please call Pam Lindberg at 430-0752 or Karen Stack at 439-4874 with questions or for more information.



I thought that giving her the jacket was what she needed the most, but the hug and love was even more important to her.

Understanding Your Unique Design:

Going Deeper...

Strengths + MBTI Type

"Sometimes you may find yourself thinking, 'Why do I act the way I do?' The MBTI is an excellent tool to help gain an awareness of who you are. My husband and I took the MBTI class together and the information presented led us to new insights and some great discussions."

— Colleen Baldrice

During this past year we've been exploring the Clifton StrengthsFinder and the book, *Living Your Strengths* here at Trinity. Some of you are eager to go deeper and continue to explore how God has created you and how you can serve the world from your strengths, gifts and unique design. To continue and deepen your awareness, we recommend the Myers-Briggs Type Indicator.

What is MBTI ?



The Myers-Briggs Type Indicator, or MBTI, was developed during World War II by a young woman named Isabel Briggs Myers, and her mother, Katharine Briggs.

Isabel decided to do her part for the war effort by creating a self-report inventory that would make Carl Jung's theory of psychological types available to more people. Her goals were two-fold: 1) help people find a better fit for their work and make that work more effective and 2) promote world peace by helping people develop more appreciation for individual differences and how to use the differences constructively rather than divisively.

Today the MBTI is a well-known tool used for business effectiveness, communication, career development, cross-cultural understanding, education, and spirituality. It is made up of four preferences; how you get energy, how you take in information, how you make decisions and how you relate to the outside world.

What is your type?

How you get energy:



Those who prefer **Introversion** draw their primary energy from the inner world of thoughts, ideas and reflections.

When circumstances require an excessive amount of attention spent on the "outside" world, those preferring Introversion find the need to retreat to a more private setting, as if to recharge their batteries.

In contrast, those who prefer **Extroversion** are drawn to the outside world as their elemental source of energy. They engage the things, people, places and activities going on in the outside world for their energy.



How you take in information:



Those preferring **Sensing**, favor clear, tangible data and information that fits in well with their direct here-and-now experience.

In contrast, those who prefer **Intuition** are drawn to information that is more abstract, conceptual, big-picture, and represents imaginative possibilities for the future.



How you make decisions:

Those who prefer **Thinking** have a natural preference for making decisions in an objective, logical, analytical manner with an emphasis on tasks and results to be accomplished.

Those whose preference is for **Feeling** make their decisions in a global, harmony and value-oriented way, paying particular attention to the impact of decisions and actions on other people.



How you relate to the outside world:

Those who prefer **Judging** typically lead a lifestyle that is oriented towards planning, organizing and seeking closure in making decisions.

Those who prefer **Perceiving** typically lead a lifestyle that is oriented towards being open, adaptable, and have a flexible style of relating to the things and people found in the outside world.



There are 16 types possible, we call this a type table:

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTJ
ESTJ	ESFJ	ENFJ	ENTJ

What is your type?

Join us to explore the MBTI...

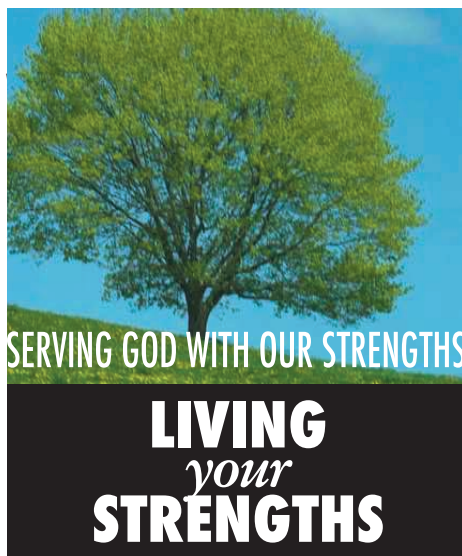
Sundays at 10:30 a.m. – Living Room
Cost \$20

MBTI introduction	January 21
What's my type?	January 28
MBTI & Communication	February 4
MBTI & Conflict	February 11
MBTI & Spiritual Path	February 18
MBTI & Stress	February 25
MBTI & Relationships	March 4

Jody Thone, (ENFJ) Director of On-Purpose Ministries and Mary Lou Rice, (ENFP) Consultant & Coach will lead this learning series on the MBTI.

To register, contact Diane Rollie at drollie@trinitylc.org or online at www.trinitylc.org

For more information about the MBTI call Jody Thone at ext. 119 or e-mail her at jthone@trinitylc.org



Upcoming workshops

Based on the work of the Gallup organization and over 2 million interviews, *Living Your Strengths* is a process that helps you to identify, affirm and serve from your strengths. It includes the Clifton StrengthsFinder® assessment and Trinity's own workshop designed to bring us together to explore our strengths and learn about the incredible power of our community when we serve God from our strengths.

Upcoming Opportunities:

(a light dinner will be served)

- Thu., Feb. 15 – 5:30-9:30 p.m.
- Thu., Mar. 8 – 5:30-9:30 p.m.
- Mon., Apr. 16 – 5:30-9:30 p.m.

Strengths Focused Parenting: Small Group Kick-off

- Wed., Feb. 7 – 6:30-8:30 p.m.

Please register for any of the above learning opportunities online at www.trinitylc.org or with Diane Rollie, Adult Ministries Program Coordinator at ext. 141. If you have questions about the class, please contact Jody Thone at ext. 119 or jthone@trinitylc.org.

Family Ministry & Mexico Mission Quilt Sewing Days

*Mon., Jan. 22; Wed., Jan. 24;
Fri., Jan. 26, 9 a.m.-5 p.m. – Luther Hall*
Sunday & Wednesday children's programs will be making quilts and they need your help! Our high school Mexico missionaries will deliver the newly constructed quilts to the Yucatan families who will receive a roof on their home during the Spring Break Mission trip. The children will create quilt blocks and begin the sewing process, but they need your help to finish the quilts. NO EXPERIENCE NEEDED! Just a desire for fun, fellowship and a willing heart! If you have a portable sewing machine, you are invited to bring that to use. A light lunch will be provided. Questions? Contact Karen Gieseke at 439-0146 or mkgieseke@msn.com

Are you curious? Then, you're invited!

Benevolence & Missions forum

Sun., Feb. 4, 10:15 a.m.

Office Conference Room

Do you wonder how benevolence decisions are made at Trinity? Do you have questions about which groups will receive benevolence funding in the 2007 budget? Then come to the Benevolence Mission forum Sun., Feb. 4 at 10:15 a.m. in the Office Conference Room. The Benevolence Mission Team: Gerrie Granquist, Cheryl Bennett, Wayne Pepin, Lynn Schurrer, Glenda Bjorum, Erik Swenson, Iona Holsten, Carolyn Minor and Kristie Anderson – will provide a clear picture of their work on behalf of Trinity in 2006. Bring your coffee and join us for conversation!

Knitting Together in God's Service

Fri., Jan. 26, 10 a.m.-noon – Bead Alley
Calling all knitters: Experienced knitters and beginners alike are welcome to come for devotions, fellowship and knitting for God's service at the Bead Alley on the last Friday of every month from 10 a.m. to noon. Please contact Melinda Marson at 351-2199 or Pastor Kris at ext. 107 with questions.

Katrina Hope Trip: GONE!

By the time most of you read this, the 23 Katrina volunteers who traveled to Ocean Springs, Mississippi will have returned! Our tasks were to help rebuild homes and make solid connections with the people; you should have seen all the tools we brought! A huge thank you to all who accompanied us through prayer and also to those who supported us with financial donations. Stop and talk with any of these special people – I'm sure we all have stories to share:

Jeff and Kristie Anderson, John Beckman, George Burton, Susan Carr, Joan Fogelberg, Connie and Ron Fredkove, Jennie Geiger, Marianne Geiger, Kathy and Ron Hagen, Pam and Paul Hamre, Jerry Herbst, Wendy Klemz, Gary Pontinen, Roger Ruetten, Kay Sanders, Lowell Saterbak, Mark and Sandy Weber, Roger Winberg

Do you love to knit?

Many cold hands, ears and necks are still in need of mittens, hats and scarves this winter. Barb Bylander has lots of yarn she's willing to donate for you to knit to your hearts content, and help keep our neighbors warm. Contact Barb at 439-4364 with questions. All knitted items are donated to Valley Outreach.

Lenten Drama team

*Mon., Jan. 15, & Tue., Jan. 23, 7 p.m.
Youth Center*

Come to a meeting for people of all ages who want to be involved in the series of Lenten dramas this year. We need actors, technicians, make-up artist, costume designers, and stage hands. If you would like to help but are unable to attend the meeting, e-mail Gary at ext. 125 or pettig@gmail.com

Women's Spring Tea

Sat., April 21 – Garden Room

Plans are under way for this spring's fabulous women's tea. If you would like to be part of the team or just have ideas you want to share, please contact Dellzie at ext. 139 or dhodler@trinitylc.org

Bible 101: CRAM

Sun., Jan. 28, Feb. 11, 25, 9 a.m.

Thu., Feb. 1 & 22, March 1, 7-8 p.m.

Living Room

If you wanted to take Bible 101 but missed the fall classes, this CRAM version is for you! This class is for people who have basic questions about the Bible, are curious to learn more about how the Bible came to be the way it is, and want to be equipped to read and study the Bible in greater depth on their own and in small groups. Our time together will be interactive and filled with the latest biblical scholarship and stimulating conversation.

Session 2: How is the Bible authoritative?

Session 3: How did the Old Testament come to be?

Session 4: How did the New Testament come to be?

Men in the Workplace

Thu., Jan. 25, 11:30 a.m.-1 p.m.

St. Paul Grill

Trinity men who work in the St. Paul area are meeting for lunch at the St. Paul Grill. Join other Trinity men who work near you for a lunch with Pastor Dan and other men on Trinity's staff. Take some time to reflect on how your work life and faith might connect in the New Year. Space is limited to 10! Email your reservation to Diane Rollic at drollie@trinitylc.org. Upcoming dates for Trinity men who work in Minneapolis & Stillwater (both at 11:30 a.m.-1 p.m.):

Feb. 1: McCormick & Schmick's
800 Nicollet Mall

Feb. 8: Stone's – Stillwater

Trinity Via de Cristo community Ultreya

Sat., Jan. 20, 6 p.m. – Garden Room

Potluck supper. For more information contact Karen Stack at 439-4874.

Fibro Friends

Sat., Jan. 20, 10 a.m. – Living Library

Fibro Friends is a Small Group caring ministry for people that have fibromyalgia. If you have questions regarding this group, please contact Julie at 351-7280.

Introducing Trinity's first Junta Club

Tue., Feb. 6, 7 p.m. – Liberty Café

Wondering what a Junta Club is? The origin of Junta Clubs' are not exactly known. One example is Benjamin Franklin's Junta club. Organized in the early eighteenth century, the members would discuss philosophy, art, social issues of the day, literature, and theatre. The group later reorganized to be called the Philadelphia Library Club.

Trinity's Junta Club will be similar. The main focus will be the arts. We'll discuss various artistic mediums, ranging from art to theatre to literature from classical to modern philosophical. Meetings will take place at local coffee shops or in homes. If you have any questions or want to participate and cannot attend the meeting, contact Gary Pettit at ext. 125 or email at pettig@cuaa.edu

Yoga Devotion

Jan. 31; Feb. 7 & 21; March 7 & 21;

April 4 & 18, May 2 & 16

10-11 a.m.

Relax, de-stress, spend time in the presence of God. Share this experience of using the physical practice of yoga to still our minds and be open to the relationship God intends for us. Being still creates space for the Holy Spirit to move in our hearts, bring clarity to our thoughts and stability to our emotions. You will also find that yoga can strengthen and lengthen muscle, and increase flexibility and balance. Wear comfortable clothes, and bring a yoga mat (available at Target or other local stores) and drinking water. To register, call Kim Jelinek at 351-7586.

Couples Valentine Celebration

Bunko, Blokus, Balderdash, Oh My!

Sat., Feb. 10, 6-10 p.m.; \$25/couple

Join other Trinity couples for a night of food, fellowship and fun. Enjoy a Valentine's supper with your sweetheart, catered by Grand Banquet Hall. We'll play cards, dice and board games. This is a child-free event so please find your own sitters! You MUST sign up and pay on or before Sun., Feb. 4 in the Church Office or Commons following services.

Singles Connection Event

Sat., Jan. 27, 5 p.m. – Stillwater Applebees

Just tell the host you are with the Trinity group. See you there!

Monday Night Bible Study

Mondays, 7 p.m. – Living Library

Come study Thessalonians on Monday nights. This group is open to new members and is currently led by Diane Sauers.

Health Care Forum

Thu., Jan. 18, 7-9 p.m. – Garden Room;

Panelists: Jim Koppel, Kip Sullivan,

Geoff Bartsch

Citizens and area legislators are invited to attend this informative health care forum to learn more about our options for future health care coverage. Panelists have 30 minutes to present; the final half hour is for audience participation and questions. For more information, contact Karen Fitzpatrick at karenjimfitz@msn.com or 426-3530.

"The Best of China" trip

Informational meeting

Sun., Jan. 21, 3:30 p.m.

Home of Chuck & Flo Claus

14925 57th St. N., Oak Park Heights

This 15-day experience begins Sep. 19, 2007 with an optional extension to Hong Kong. Chuck and Flo Claus, working with Educational Opportunities Tours, will be the group leaders. This is a first-class tour (just before the 2008 Summer Olympics) which includes Beijing, the Great Wall of China, a four-day cruise through the three gorges, the Yangtze River, Zian and the 8,000 terra-cotta warriors of the Emperor Qi, plus many other sites and cities. If you have an interest in attending this meeting please call Chuck and Flo at 351-7972. Brochures will be available at the meeting. If you are unable to attend the meeting and would like a brochure please contact the Claus' at the number above.

Retired Singles

Tue., Jan. 23, 1-2 p.m. –

Angel O'Malleys Coffee Shop

(corner of Osgood & Churchill)

All retired persons welcome!

family ministries

Confirmation Camp

Weeks of July 9-13 or July 13-17

7th & 8th graders

Quadna Resort & Retreat Center

Confirmation students are headed to camp this summer! Trinity is running Confirmation Camp at Quadna Resort and Retreat Center in Hill City, MN.

We are offering two camp choices: July 9-13 & July 13-17. The cost is \$275 per student. Camp includes high-energy worship times, group-building activities in the great outdoors and creative learning, all geared toward growing our relationship with Jesus Christ. Camp is an integral part of the Confirmation experience! Sign-up begins Jan. 31. Brochures are available in the Youth Center. Contact Sara Stenstrom at ext. 145 or Cindy Jones at ext. 137 for more details.

Trinity Rec League: Dodgeball starts Feb. 4

Wed., 8-10 p.m. or Sun. 2-5 p.m.

Gym; 9th grade & up

TRL is a co-ed intramural league open to students in grades nine and up. Games will be played weekly on a designated night of your team's choice. Gather a team together of 6-10 players, fill out a roster and turn into Chris Dahl by Jan. 26. Contact Chris at ext. 138 with any questions.

St. Croix Valley junior high 30-Hour Famine!

Feb. 23-24

*Our Savior's
Lutheran Church*

This is an experience you won't want to miss! Come together with youth from all over the

valley for 30 hours

of fun events, crazy games, movies, service projects, fellowship, worship, and a huge break-fast meal at the very end! Cost is \$25/student which includes transportation, t-shirt, beverages, and meal. The event starts at 3:30 p.m.

Fri., Feb. 23 and goes until Sat., Feb., 24 at 6:30 p.m. Registration deadline is Feb. 7. Any questions? Contact Chris Dahl at ext. 138 or cdahl@trinitylc.org

Proud parents of a newborn?

Congratulations! Please let us know at Trinity. We have all kinds of gifts and treats to bring your way. Contact Dellzie at ext. 139 or dhodler@trinitylc.org when your bundle of joy arrives.

Lenten Drama team

Meeting Tue., Jan. 23, 7 p.m.

Youth Center

Come to a meeting for people of all ages who want to be involved in the series of Lenten dramas this year. We need actors, technicians, make-up artist, costume designers, and stage hands. If you would like to help but can't attend the meeting, e-mail Gary at pettig@gmail.com or leave a message at ext. 125.

Looking for Mexico Missionaries!!

Are you in senior high? Do you want to go to Mexico over spring break? There are potential spots opening up on the Mexico Mission trip and one of those spots may have your name on it! We are looking for students to be on the Mexico waiting list! The waiting list is based on a first-come, first-served basis. If a spot opens up on the trip, the first name on the waiting list will be added. If you would like to apply, please stop in the Youth Center and pick up a waiting list application! Deposit and application are due Feb. 4. Contact Sara Stenstrom at ext. 145 or sstenstrom@trinitylc.org with questions.

the River
Grades 9-12 Youth Worship
Sundays, 6 p.m.
Luther Hall

Love Has No Boundaries

*Children's Ministries Mexico Quilting
Wed., Jan. 17, 24 & 31, 6 p.m.*

Sun., Jan. 14, 21 & 28, 9 a.m.

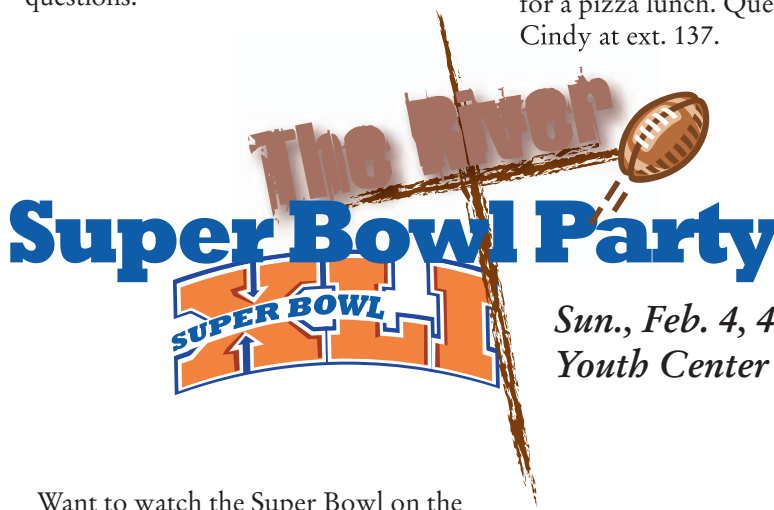
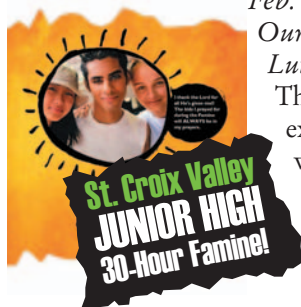
Send love across the border through Mexico Missions. Your children will hear the stories from youth missionaries as they share experiences from past trips and the anticipation for this year's trip in March. Children will learn more about life in Mexico and create quilts to share with families in Mexico. Quilts will be dedicated at the Mexico Missionary commissioning service in March! This is a great way to serve in Stillwater and serve children miles away! If you have a child three years-6th grade, register them today! Registrations can be found in the Youth Center or on-line at www.trinitylc.org

Ninth-grade Release Day

Thu., Feb. 1, 10 a.m.-5 p.m.

(Stillwater schools late start)

We have an exciting day planned with an off-site fun activity, a service project and a Discovering Your Strengths workshop. Schools allow students to be released periodically for "religious release;" it is up to the parent(s) to release students from school. Bring a bag lunch or \$5 for a pizza lunch. Questions? Contact Cindy at ext. 137.



*Sun., Feb. 4, 4:30-9 p.m.
Youth Center*

Want to watch the Super Bowl on the big screen and have some delicious food? Bring your friends to watch the game, play a few games, worship, and eat pizza and goodies! Cost is \$5,

which includes dinner, beverages and snacks. This event is open to anyone in grades 9-12! Contact Chris Dahl with questions.

Psalm 30 Revisited

With Pastor Kris Linner

I will lift you up, O Lord, because you have raised me up out of the depths of depressing darkness.

Those who wanted me left there do not have the last word.

O Lord, my God, I wept silently for help and yet you were close enough to hear me.

O Lord, you have brought me up from the chaotic zone of meaningless darkness. How close to death's door I came.

You brought me restoration in your presence. I will sing to you and of you.

Sing with me and give thanks to the God who hears whimpers.

God's anger at my wandering is for a moment and God's favor is for a life time.

Weeping may drench my evening pillow, but joy comes with the morning's sun.

I used to think nothing could get to me. I said, "I am in control."

When I was as strong as a mountain, I could see your face, I was dismayed. To you, O Lord, I cried.

I was slipping deeper and deeper into the darkness. Your presence was shaded. Death was beckoning me.

It was grace I could not ask for, grace I could not receive.

The cloud of darkness was torn, rainbows of gladness dawned.

My whole being shouts for joy. O Lord, my God, I will give thanks to you forever.

It was grace that turned my mourning into dancing.

That is my own rendition of Psalm 30 that I wrote when I was in the midst of depression. It was a time when it was difficult for me to take in the reality of God's love and help.

In some religious circles it is believed that depression is merely a spiritual condition that can be cured with prayer. That has not been my experience. I can relate to the words of Parker Palmer who wrote about his depression, "There are no atheists in foxholes, I guess, and depression is the deepest and deadliest foxhole I have ever been in. In depression it is not so much that one becomes lost in the dark as that one becomes the dark. I have never been able to 'do theology' when I am in that state: the best I've ever been able to do is to hang on. Only later, in the light of the day, am I able to understand that God walked with me in that darkness even though I could not feel God's presence at the time."

The time following the holidays and the dark days of our Minnesota winters can add to one's depression. I have found that some good counseling, medication, increased exercise and rest were all helpful in dealing with depression. Then, I could take in the good news of Christmas, "Emmanuel, which means God-with-us." God walks with us through our dark cloud of depression and God does help turn our mourning into dancing.

A View from the Truck: JESUS delivers update

On Thu., Dec. 21, Trinity Lutheran and Our Saviors Lutheran delivered 631 backpacks, 100 children's gift bags, and dozens of stuffed animals to the homeless and working poor in St. Paul. Each adult backpack contained winter wear like gloves, socks, and hats, etc; hygiene items like shampoo, toothpaste, deodorant, soap, lip balm, etc; a New Testament; snacks; a notebook with pen; and miscellaneous goodies. The children's backpacks and gift bags contained markers, coloring books, beanie babies, hats, gloves, scarves, crayons, and bible stories. Many of the children's bags were the only Christmas gifts they would get from their parents (out of work and without a home). Special thanks to Hearts of the Home Moms, the confirmation groups, circles, and individuals who purchased and stuffed backpacks and donated lip balm!

On Sat., Dec. 23, a Trinity team (Mom, Dad, kids, and spouses) served hot ham and cheese to about 250, giving away the remaining children's gift bags and an SUV-and-a-half full of winter wear including clothes,

sleeping bags, comforters, jackets, gloves, hats, scarves, shoes, etc. We were graced by a professional St. Paul Evangelistic Association singing team who serenaded the block for three hours, singing Christmas carols, worship tunes, and, believe it or not, Christian karaoke. The SPEA team also brought 1000 gloves, hats, and mittens as presents for the people. A special thanks to individuals who purchased gloves and hats! This was the first

day in two years that everyone had something warm on their head and their hands. Feet are next!

On Jan. 6 a Trinity family (two retirees, daughter and husband) served chili to about 175. Notable on this day was the launch of the "special order" JESUS Store. We are now taking special requests from our sisters and brothers, with the hope of "getting them back on their feet." The focus for the next



january 20 - february 2 calendar

Saturday, January 20

- 9 a.m. Co-ed 19+ Open Gym
- 10 a.m. Fibro Friends Meeting: Living Library
- 10 a.m. Circle Leaders Brunch: Living Room
- 5 p.m. WORSHIP, COMMUNION
- 6 p.m. Via de Cristo potluck: Garden Room

Sunday, January 21

- 9 a.m. **WORSHIP, COMMUNION, NURSERY**
- 9 a.m. Marriage 102: Five Love Languages: Library Conference Room
- 9 a.m. Meditation: Room 108B
- 9 a.m. Bible Explorers (Gr. 3-4): Room 102
- 9 a.m. Two-by-Two Toddlers: Room 106
- 9 a.m. Club 56: Luther Hall
- 10:30 a.m. **WORSHIP, COMMUNION, NURSERY**
- 10:30 a.m. Marriage 103: Luther Hall
- 10:30 a.m. Marriage 101: Library Conf. Room
- 10:30 a.m. Bible 105: Garden Room
- 10:30 a.m. Meyers Briggs-MBTI: Living Room
- 11:45 a.m. Sr. High Leadership Team: Youth Center
- 2 p.m. Sr. High Intramural Basketball: Gym
- 6 p.m. The River Worship (Gr. 9-12): Luther Hall
- 6:30 p.m. Tanzania Mission Meeting: Office Conference Room
- 7 p.m. Confirmation (Gr. 9): Lower Level

Monday, January 22

- 7:30 a.m. AA Meeting: Living Library
- 9 a.m. Mexico Mission Quilting: Luther Hall
- 6 p.m. R.O.C.K. Basketball: Gym
- 6 p.m. Valley Chamber Chorale Rehearsal: Worship Center

- 6:30 p.m. Girl Scout Troop 115: Room 104
- 6:30 p.m. Martial Arts/Tai Chi: Commons
- 7 p.m. Monday Night Bible Study: Living Library
- 7 p.m. Webelos Scout Meeting: Luther Hall
- 8 p.m. Co-ed 19+ Open Gym

Tuesday, January 23

- 8:30 a.m. Tuesday Morning Bible Study: Living Room
- 9 a.m. Moms Day Off: Lower Level
- 1:15 p.m. Prayer Group: Office Conf. Room
- 6:30 p.m. 8th Gr. Basketball: Gym
- 6:45 p.m. Cub Scout Meeting: Room 106

Wednesday, January 24

- 9 a.m. Level II Mat Pilates: Narthex
- 9 a.m. Mexico Quilting: Luther Hall
- 4 p.m. Cherub Choir: Narthex
- 4 p.m. Elementary Bell Choir: Chapel
- 4:30 p.m. Choir School: Worship Center
- 5:30 p.m. Pizza Night: Garden Room
- 6 p.m. Children's Ministry Workshops: Lower Level
- 6 p.m. Bible Explorers: Garden Room
- 6:30 p.m. Confirmation (Gr. 7-8): Lower Level
- 7 p.m. LYS: Strengths at Work: Office Conference Room
- 7 p.m. Temple Choir Rehearsal: Choir Room
- 8 p.m. Sr. High Intramural Basketball: Gym

Thursday, January 25

- 9 a.m. Moms Day Off: Lower Level
- 10 a.m. Bible Study: Living Room
- 11:30 a.m. Men in the Workplace: St. Paul Grill
- 6 p.m. R.O.C.K. Basketball: Gym
- 6:30 p.m. Cub Scout Meeting: Luther Hall
- 6:30 p.m. the WALK Rehearsal: Worship Center
- 8 p.m. 9th Gr. Basketball: Gym

Friday, January 26

- 7 a.m. AA Meeting: Living Library
- 9 a.m. Mexico Mission Quilting: Luther Hall
- Noon Jr. High Ski Trip Leaves from Trinity
- 6 p.m. 8th Grade Basketball Practice: Gym

Saturday, January 27

- 5 p.m. **WORSHIP, COMMUNION, NURSERY**
- Holy Trinity Overnight: Lower Level

Sunday, January 28

- 9 a.m. Co-Ed 19+ Open Gym
- 9 a.m. Club 56: Luther Hall
- 9 a.m. **WORSHIP, COMMUNION, NURSERY**
- 9 a.m. Bible Explorers (Gr. 3-4): Room 102
- 9 a.m. Two-by-Two Toddler Learning: Room 106
- 9 a.m. Bible 101: CRAM: Living Room
- 9 a.m. Meditation: Room 108B
- 10:30 a.m. Marriage 103: Luther Hall
- 10:30 a.m. Bible 105: Garden Room
- 10:30 a.m. **WORSHIP, COMMUNION, NURSERY**
- 10:30 a.m. Meyers Briggs-MBTI: Living Room
- 2 p.m. Sr. High Intramural Basketball: Gym
- 2:30 p.m. Jr. High Ski Trip Returns
- 6 p.m. The River Worship: Luther Hall
- 7 p.m. Confirmation (Gr. 9): Lower Level

Monday, January 29

- 7:30 a.m. AA Meeting: Living Library
- 6 p.m. Valley Chamber Chorale Rehearsal: Worship Center
- 6 p.m. R.O.C.K. Basketball: Gym
- 6:30 p.m. Martial Arts/Tai Chi: Commons
- 7 p.m. Monday Night Bible Study: Living Library
- 7 p.m. Leadership Night: Garden Room
- 8 p.m. Co-ed 19+ Open Gym

Tuesday, January 30

- 8:30 a.m. Tuesday Morning Bible Study: Living Room
- 9 a.m. Moms Day Off: Lower Level
- 1:15 p.m. Prayer Group: Office Conf. Room
- 6:30 p.m. 8th Gr. Basketball: Gym

Wednesday, January 31

- 9 a.m. Level II Mat Pilates: Narthex
- 9:30 a.m. Hearts of the Home Moms: Lower Level
- 10:15 a.m. Yoga Devotion: Narthex
- 4 p.m. Cherub Choir: Narthex
- 4 p.m. Elementary Bell Choir: Chapel
- 4:30 p.m. Choir School: Worship Center
- 5:30 p.m. Pizza Night: Garden Room
- 6 p.m. Children's Ministry Workshops: Lower Level
- 6 p.m. Bible Explorers: Garden Room
- 6 p.m. Marriage 101: Covenant Marriage: Office Conference Room
- 6:30 p.m. Confirmation (Gr. 7-8): Worship Center
- 7 p.m. Temple Choir Rehearsal: Choir Room
- 8 p.m. Sr. High Intramural Basketball: Gym

Thursday, February 1

- 9 a.m. Mom's Day Off: Lower Level
- 10 a.m. Bible Study: Living Room
- 10 p.m. 9th Gr. Release Day: Garden Room
- 11:30 a.m. Men in the Workplace: McCormick & Schmick's, Mpls
- 1 p.m. Miriam Circle: Living Room
- 3 p.m. Caregivers Support Group: Lib. Conf. Room
- 6 p.m. R.O.C.K. Basketball Program: Gym
- 6:30 p.m. Daisy Girl Scout meeting: Room 104
- 6:30 p.m. Boy Scout meeting: Luther Hall
- 7 p.m. WALK rehearsal: Worship Center
- 7 p.m. Bible 101: CRAM: Living Room
- 8 p.m. 9th Gr. Basketball Practice: Gym

Friday, February 2

- 7 a.m. AA Meeting: Living Library
- 6 p.m. 8th Gr. Basketball Practice: Gym
- 8 p.m. Zuill Bailey Cello Concert: Worship Center

several months is sleeping bags, tents, and work boots. There are always requests for backpacks and duffle bags.

Tax Deduction note for donations in the bin. In planning for 2007, JESUS Delivers will use a receipt process similar to that of the Salvation Army. If you would like to find out more, please contact Peter directly at peterbolstorff@scelimited.com

JESUS Delivers Schedule

Feb. 10 – OPEN

March 3 – OPEN

March 10 – OPEN

March 31 – OPEN

If you would like to organize a group to serve either on any date listed above or a special date of your choosing, contact Peter or Cary Bolstorff, peterbolstorff@scelimited.com or carybolstorff@comcast.net, or at 439-8342. Couples, circles, clubs, confirmation groups, and families have been successful teams in the past. A mission trip leader will organize everything from directions, to a meal plan, to a list of things to do; all you have to do is show up with your heart.

Trinity Leadership Night

*Mon., Jan. 29 7 p.m.
Garden Room*

Everyone in the Trinity congregation is invited to find out about the following:

- 2007 ministry and budget goals
- A team that will deal with short-term and long-term facilities and capital needs at Trinity
- Preparation for the Annual Meeting on Feb. 18

Come and join us to learn more about Trinity and the shape of our ministry in 2007-2008 as we live out our mission to love, transform and serve.



A thanks from JESUS Delivers

On Thu., Dec. 21, Trinity Lutheran and Our Saviors' Lutheran delivered 631 backpacks, 100 children's gift bags, and dozens of stuffed animals to the homeless and working poor in St. Paul. Special thanks to all who purchased and stuffed backpacks and donated lip balm!

