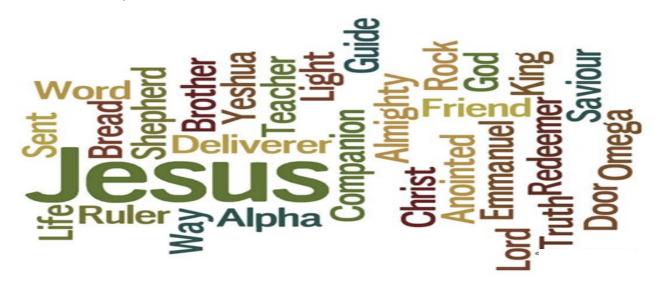


WARCH 2015 VOLUME 55 NUMBER 5

WWW.TRINITYVANCOUVER.ORG

WE ARE JOYFULLY GATHERED TOGETHER BY GOD'S GRACIOUS LOVE IN JESUS CHRIST TO WORSHIP HIM, TO GROW IN FAITH AND TO PROCLAIM JESUS BY WORD AND SERVICE.

INGS



Look for Lenten Devotionals in the Narthex written by several Trinity members in celebration of our 75th Anniversary.

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Who Says So?!

Written by Pastor Ruth Larson

Conversations around our table can turn into silly arguments so quickly. (I won't name names here. :-)) One child will claim a fact he/she found out today. Another child will counter that fact with knowledge he/she has always known to be true. The third and fourth child add their two cents based on their sources of knowledge, and wham--it is an all out argument about the truth of something so silly, like, is coffee good for you, or not?

It used to be that credible information, news, advice *had* to be published. We could claim that it *must* be reliable because it was in writing. But these days, everyone and anyone can start a blog or "publish" their views as if they are credible on their own authority. In this age of information, we can get information so easily, but we certainly cannot ascertain its reliability that easily. That so and so "sounds like he's got authority" doesn't cut it.

Who says so? Whose words can we believe? During these days of Lent, I invite you, if you haven't already, to surf your Bibles and read what God, the Lord, the Creator of Heaven and Earth has to say...about you and about your world. He is the credible one, the reliable source and His words mean life for you and for your world. In His words, you will find the true story of a huge Creator who became a human in order to redeem all humanity.

God says so! I'll take my scriptures as the most reliable source on earth, and I'll take a cup of coffee to go with it! Pastor Ruth

TIDINGS PAGE 2

Celebrating our 75th Anniversary with Easter Eggstravaganza "on steroids"! Saturday April 4

10:00 am Egg Hunt (One year old - 5th grade)

10:30 am Psycho Easter Bunny Egg Hunt (6th - 12th grade)

**Crafts and games for all ages

11:30-1:00 pm Free Lunch and coffee and a concert in

the Narthex (featuring Doug & Judy Smith and more)

**Raffle prizes

Note: We are as a congregation inviting our closest neighbors surrounding Trinity, hoping to get to know them and they us.

Don't miss out on this fun day! And we need your help!

(contact the office)

Easter Morning (April 5)
8:30 am Worship
9:00 - 11:00 am Easter Breakfast
10:30 am Worship
**Sign-up sheet will come around for
Easter Breakfast casseroles as well as for

servers (two shifts).

PAGE 3 TIDINGS

Special 75th Anniversary Spring Plans







In 1940, a <u>few neighbors</u> were invited to help start a Lutheran Church. In April of this year, 75 years later, that same church now named Trinity Lutheran Church will invite <u>a few neighbors</u> living near our church building to visit us and hopefully find a welcoming church home.

The Plan: An invitation will be mailed to many families in Zip Codes 98660 and 98663 who live all around our church building. We will ask them to help us celebrate our 75th Birthday by attending an Easter Service on April 5 **And** (if they have children) by attending a neighborhood Easter Egg Hunt for children and for teenagers on the morning of April 4 **And** by attending our Birthday Party at noon on April 4 with food and a special concert by "3 Together" Doug and Judy Smith with Don Mitchell.

How You can Help Us!

- 1. Every one can pray that many in Zip Codes 98660 and 98663 will feel the call to visit our church.
- We will be contacting every church member who lives in the two zip codes to see if they can help us by personally handing out invitations to about 10 of their neighbors. Our goal is to have at least **75 invita**tions handed out in this way.
- 3. We will ask a few church members from other zip codes who might help pass out invitations in the two zip code areas.
- 4. Anyone in our church family is encouraged to pick up an invitation to give out to a neighbor.
- 5. We will need volunteers to help prepare the large mailing
- **6.** We will need many volunteers to help with the April 4 Easter Egg/crafts events and details for the Birthday Party events.
- 7. We need everyone to mark your calendars. We know you will be here on Easter Sunday April 5. And we know some will be helping at the Saturday events. But we hope all will attend the Birthday Party/Concert so you can give a warm welcome to guests who will be attending from the neighborhood.

Happy Lunch Bunch



Tuesday, March 17 at noon for our "Irish Sundae" potluck. We will provide the baked potatoes and all the toppings. Please bring one item to

complete the feast. Come for great food and conversation and you will hear stories and memories of our church 75 years ago. Some members today were children back then and have memories or heard stories as they grew up. They will be here to share some with us. And we want to hear your stories of what the church was like whenever you started attending...1940, 50, 60, 70, 80, 90, 2000, 2010, or last year!!! Come and join the fun.

Trip for Fun

On **Monday, March 23** we will visit the "End of the Oregon Trail" Interpretive Center in historic Oregon City, OR. The Center is open again after a major renewal operation with exhibits and a movie. We will meet at 10:30, the cost is \$7.00. We will be home before 1 pm and those who wish may go down together for a sandwich at the Latte Da Coffee House on 39th St.

Trinity Lutheran Church

TIDINGS PAGE 4

WELLNESS CORNER by Sue Hoeffner

Living Well with Chronic Conditions classes coming soon!

If you or someone you care for has a chronic health condition (i.e. heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and/or other physical and mental health conditions), this class series may be for you! The Living Well workshops, developed by Stanford University, can help you take charge of your life by giving you the tools needs to self-manage your health and wellness. This FREE workshop will be meeting weekly for 2 ½ hours each week for 6 weeks beginning in April. Each participant will also receive a FREE handbook. The specific date/time will be determined by whatever works best for the group. The classes will be facilitated by Marilyn Johnson, RN and Sue Hoeffner, RN, both trained Living Well facilitators. This class series has been offered before at Trinity, however it has been a while. Also, many folks have found repeating this class to be very beneficial, especially if you have developed a new health condition since you last took the class.

In this class, you will learn to:

- Control your pain
- · Deal with fatigue
- Start an activity program
- Handle stress and relax
- Use medications effectively
- Solve problems and meet personal goals
- Make choices about your treatment
- Eat well to live well



Classes are held on Mondays, 10:00 am-12:30 pm for 6 weeks beginning

April 13. In Memorial Chapel. If you are interested in participating in this workshop or have a question regarding it, please leave a message for Sue in the Parish Nurse office at 695-1221, ext. 28. Community members are also welcome to participate.

EnhanceFitness Classes

Now is a great time to check out the fun exercise classes at Trinity! Classes are held every Mon-Wed-Fri, 1-2 p.m. in Trinity's Stolee Hall. Led by Laurie Porter, a certified fitness instructor and Camas HS's track coach, participants get a great head-to-toe workout! Laurie leads us through exercises (chair or standing) to improve balance, aerobics, and strength. There is no set fee, but donations are accepted to help cover the cost of the instructor's time and equipment. Suggested donation is \$1 per class. Come check out what you have been missing!

Christian Women's Cancer Support Group at TLC

Is cancer a part of your life story? If you desire Christian sister fellowship and support with those who understand your journey, please plan to join us for this monthly gathering. We meet the 3rd Saturday of each month in Trinity's conference room, 9:30-11:00 a.m. for brunch, fellowship, and education. This group is open to any women, TLC members or not, who wish to share and receive support and encouragement. Our March meeting will be on **Saturday, March 21**st.

PAGE 5 TIDINGS

TLC YOUTH NEWSLETTER

March 2015—More info and pics @ www.trinityvancouver.org

Middle School Lock-in!

Get ready for a great night of fun and fellowship! On <u>Friday</u>, <u>March 13th at 8 PM</u> we will meet <u>at Trinity</u> with several other churches and have a lock-in! It will <u>end at 7 AM</u> Saturday morning. We rented out Golden Skate as part of our evening and have the opportunity for 1 game of laser tag as well. We will do lots of games, a service project, devotions, and more! Don't miss out! Just \$10 per youth!



Confirmation During Lent

Wednesdays will look a little different during this time. Every Wed, until April 1st we will have dinner at 6 PM followed by a short class time (6:30) and then worship at 7 PM. We will still be done at 7:45.

Easter Egg Hunt

Saturday, April 4th

will be our annual
Easter Eggstravaganza!
This year after the little
ones hunt for eggs it
will be the MS/HS turn
(with a twist). Can you
find the eggs before the
psycho Easter bunny
finds you!? Watch for
more details soon!

HS National Gathering

We are registered! It will be July 14th—20th. You can still register to attend this incredible once every 3 years event! Just talk to Brian for more details ASAP!

Weekly Activities:

- <u>Confirmation</u>— Wednesdays 6:30—7:45 PM.
- <u>HS Youth Group</u> Youth Nights Sundays 6:00—7:30 PM
- Worship Sundays 10:30 AM
- Sunday School All Ages 9:30 AM

Upcoming Events!

- MS Multi-Church Lock-in (March 13th)
- HS Lock-in with Messiah (April 17th)
 - VBS! (July 6—9)
- HS National Gathering
 July 14—20
- Confirmation Camp July 26—31 (Get registered now!)

TIDINGS PAGE 6

CHILDREN'S NEWS By Kellie Gordon

Saturday, April 4: Easter Eggstravaganza.



Come sing, listen to the Easter Story, create Easter crafts, decorate cookies and find Easter Eggs at our annual Easter Eggstravaganza! It's going to be bigger and more extravagant than ever before, as we invite our neighbors, the children from Lincoln Elementary, and celebrate Trinity's 75th birthday as well.

Plus! There will be coffee house type coffee, music by Doug and Judy Smith and their group, Three Together, and brunch following the egg hunt!

Teens! You can help with the Egg Hunt for the younger kids, but then take part in your own game of Psycho Bunny. You're hunting eggs, but Psycho Bunny is hunting YOU!!



Saturday, April 4

10:00 a.m. for Easter Egg Hunt, Crafts, and Story time

11:30 a.m. for brunch and music, plus prize drawings



Creative types to lead crafts! Youth to help hide eggs! Set up and tear down volunteers! Please see Kellie for more details. Thank you!

Easter Sunday, April 5 crafts and a movie will take place for children in Memorial Chapel during Easter Breakfast

Children's Ministry: Mission project

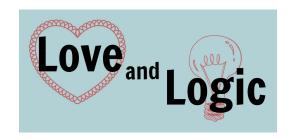
The Children from Sunday School would like to donate pajamas, stuffed animals, slippers, and/or cozy blankets to children who are entering the foster care system. These items are given, along with hygiene items, in a box to children before they go to their first foster home. It's a traumatic and scary time for a child, and the hope of the gift box organization is to take a bit of the sting out of that. Money is also welcome.



PAGE 7 TIDINGS

CHILDREN'S NEWS By Kellie Gordon





Spring Parenting Class

April 16 to May 21

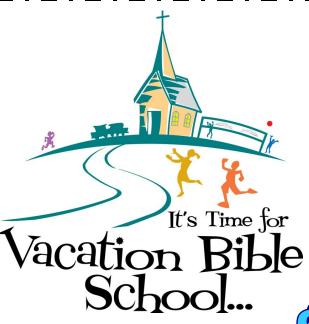
Thursdays from 6:00 p.m. to 8:00 p.m.

Have you ever wished there were a manual for raising kids? Well, there actually is. It's the **Parenting with Love and Logic** program, and Trinity will be offering this 6-week course to parents. Please sign up if you are interested. There is a list at the bulletin board for Children's Ministry in the Narthex. You can also call Kellie at 695.1221 ext. 13. We hope to have at least five people to hold the class. The fee is \$20, with an additional \$12 for the workbook.

Love and Logic:

- uses humor, hope, and empathy to build up the adult-child relationship.
- emphasizes respect and dignity both for children and adults
- provides respect and dignity both for children and adults
- provides real limit in a loving way
- teaches consequences and healthy decision making





VBS Planning Meeting

Sunday, April 12th at 12:00 p.m., in Activities Room. Please plan to come if you have a child who will be attending VBS, or if you are able to volunteer. 12:00 p.m. in Activities Room after worship.

Saturday, March 7 Training for Day Camp with Lutherwood. If you'd like a lead volunteer position, we'd love to have you join us for Day Camp training Saturday, March 7 from 1:00 - 3:30 p.m. at Beautiful Savior Lutheran Church. Please talk to Kellie about being part of this special training. And thank you!



March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
930a Education Hour 1030a Worship 6p High School Youth Group	2 1p EnhanceFitness/SH 130p AA/AR 7p Sal Creek Study/HM	3 930a Women's Bible Study/CR 10a AA/AR	1p EnhanceFitness/SH 1p LCS/Cit/NW 130p AA/AR 4p Nurse Workshop/MC 545p The Grace Notes/S 6p Soup Supper/TH 630p Confirmation 7p Lenten Service 730p Adult Choir/Loft	5 9a Mission Sowers/TH	6 1p EnhanceFitness/SH 130p AA/AR 230p Lincoln School	7 Companions All
930a Education Hour 1030a Worship 6p HS Youth Group Time to Spring Ahead	9 1p EnhanceFitness/SH 130p AA/AR 2p Ruth Circle/CR 2p Alz Support /TH, MC, SH, L 7p Sal Creek Study/HM	930a Women's Bible Study/CR 10a AA/AR 345p Lincoln School MTG 530p Foundation/CR 630p Esther/Eliz Circle/	1 1 1p EnhanceFitness/SH 1p LCS/Cit/NW 130p AA/AR 4p Nurse Workshop/MC 545p The Grace Notes/S 6p Soup Supper/TH 630p Confirmation 7p Lenten Service 730p Adult Choir/Loft	12 10a Lydia Circle/CR	13 1p EnhanceFitness/SH 130p AA/AR 7p Middle School Lock-in/TLC	14
930a Education Hour 1030a Worship 6p High School Youth Group	16 1p EnhanceFitness/SH 130p AA/AR 7p Sal Creek Study/HM	930a Women's Bible Study/CR 10a AA/AR 12p Happy Lunch Bunch/SH 2p Knifty Knitters/CR 7p TLC Council / MC	18 10pm Staff Mtg/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 130p AA/AR 4p Nurse Workshop/MC 545p The Grace Notes/S 6p Soup Supper/TH 630p Confirmation 7p Lenten Service 730p Adult Choir/Loft	19 9a Mission Sowers/TH	20 1p EnhanceFitness/SH 130p AA/AR	21 8a Men's Breakfast /TH 930a Cancer Support Group / CR
930a Education Hour 1030a Worship 6p High School Youth Group 29 Palm Sunday	23 1030 Trip for Fun 1p EnhanceFitness/SH 130p AA/AR 7p Sal Creek Study/HM 30 1p EnhanceFitness/SH 130p AA/AR 7p Sal Creek Study/HM	24 930a Women's Bible Study/CR 10a AA/AR 4p TLC Book Club / CR 6p Spinning Wheels/SH 31 930a Women's Bible Study/CR	25 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 130p AA/AR 4p Nurse Workshop/MC 545p The Grace Notes/S 6p Soup Supper/TH 630p Confirmation 7p Lenten Service 730p Adult Choir/Loft	26 9a Faith-Based Coffee/ SH	27 1p EnhanceFitness/SH 130p AA/AR	28

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Kennedy Watts	03/03	Sally Haskin	03/18
Ben Burke	03/04	Deanna Parks	03/19
Doug Munson	03/04	Mike Scott	03/21
Hazel Timm	03/04	Carla Olson	03/22
Ann Nesburg	03/05	Linda Clark	03/23
Callum Stevenson	03/06	Howard Thompson	03/23
Sarah Hunter	03/09	Phyllis Herendeen	03/25
Donald Johnson	03/09	James Hankel	03/26
Eric Toner	03/12	Samuel James	03/28
Richard Stanton	03/14	Dennis Raun	03/28
Jeannette Mellesdal	03/15	Sharon Swanson	03/29
Fern Johnson	03/17	Happy Bert, hatay	2
Eunice Thompson	03/17		
Karla Ferderer	03/18	Hope your Miches Come.	}

KEY TO ROOM ABBREVIATIONS:

29...Brigham Lambley

TH: Trinity Hall L: Library S: Sanctuary

SH: Stolee Hall **NW: North Wing** NX: Narthex

CR: Conference Room MC: Memorial Chapel YR: Youth Room

HM: Home of Member AR: Activities Room

314-4355

Trinity Lutheran Church. . . building bridges to our community. . . providing opportunities for growth.

Community Groups Meeting at TLC:

Van Driver Schedule:		AA: M,W,F 1:30 pm/AR & AA 55+ T 10 am/AR
01John Mudge	695-7582	Alzheimer's: 2nd Monday, 2:00 pm / TH, AR, MC
08Sean McGill	571-4120	
15Tim Gammell	509-205-2795	Lutheran Community Services, Wed. 1 pm, /NW
22Bud Ferderer	576-0127	Spinning Wheels;4th Tues., 6 pm/SH

Spinning Wheels;4th Tues., 6 pm/SH

EnhanceFitness: Every M, W, F in SH 1-2pm

Church office: 695-1221 Pastors: ext. 15 Kellie (Children): ext. 13 Sue (Parish Nurse): ext. 28 Janet (Finance): ext. 11 Brian (Youth): ext. 14



TRINITY LUTHERAN CHURCH

MARCH 2015 VOLUME 55 NUMBER 3

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	[Soice]

Return Service Requested

Trinity Lutheran Church 309 W 39th Street Vancouver WA 98660-1959

LIDINGS