

**CHURCH MISSION STATEMENT: 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.**

The Power of the Spirit to Serve Christ

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen. – Ephesians 3:20-21



The world has become a vast inner-connected global organism with all our media communication capabilities and social networking systems. We only have to look to the advances in technology around us and know our world is competing to be more instantaneous with communication and more informative in all aspects of our daily living on this planet. With up-to-the-moment news updates, text alerts, internet chatting, we can do our various work and keep up to date with friends and family almost simultaneously. It is amazing and it can be a bit overwhelming, whether you are completely tech savvy or not. We might wonder sometimes if we have what it takes to live in this fast changing world. Is there still a place for me? Do I still fit here?

The four movie characters of Fantastic Four, which are Invisible Woman, Human Torch, Thing (Rock) and Mr. Fantastic (he can stretch amazingly), have some super power capability. And on the trailer to their movie one of them says, "We should use these powers to help people."

We are reminded in the quote above from the letter of the Apostle Paul to the church at Ephesus that we have been given powers in order to help people, to resist the forces of evil and actually build up the body of Christ in amazing ways. Super powers? It is the power of God for salvation Paul calls it in another letter. He's talking about the gospel itself. But where do we get our energy and drive to serve Christ and the world with this gospel?

A fantastic four to begin with is 1) Worship (Word), 2) Meal (Sacrament), 3) Prayer and 4) Bible Study and fellowship. There are more ways God uses to equip us and energize us to serve Christ. But with these fantastic four we can find all we need to be ready and able to serve our fast changing world with the gifts of God's own Spirit who is recreating the world as the New Creation.

What we can take comfort in is the fact that Christ by the Spirit at work within us is the Super Power of Love, Grace and Forgiveness to change and transform our world according to God's good plan. Far more than we could ever hope to accomplish. We wouldn't even dream of it. But our God of grace and truth is up to the challenge.



And when the climax battle scene comes when the forces of evil finally meet up with our Super Hero of the Cross, we see by faith the glory is Christ's alone for our salvation and offered to all the world simultaneously. Let's get equipped to help people and get recharged with daily and weekly samples of God's word of Grace and good courage. You never know where you will be the one who can come to the aid of someone with an act of courage, a word of correction, and a humble offer of consolation, or a forgiveness from the cross of Christ. Luther called it the means of grace. It is the power of God for salvation, the power at work within us. Preaching of the Word, Baptism, Holy Communion, Office of the Keys of the Kingdom, and the mutual conversation and consolation of believers – the fabulous five means of grace. More than we can imagine or ask. Enough for a God of love and mercy to save us all.

Thanks be to God, our Super Savior and King!

Pr. Gary



Trinity Lutheran Church and Bengal Creative Media Values Training Initiative 2015-2016



Many of you have heard that through the Global Mission Task Force's leading, and Council approval, Trinity has decided to partner with Monotosh Banarjee, a Lutheran Pastor in Bangladesh. You also have probably seen the video of Monotosh telling his story of how God called him out of the Hindu faith of his parents into Christian leadership.

Trinity now has also decided to enter into this partnership by helping Pastor Monotosh develop his leaders and ten congregations. We are employing Bengal Creative Media (a non-government organization in Bangladesh led by a Lutheran missionary and known by the Larsons) to carry out this Values Training with Monotosh and his staff. ("Values training" actually means Biblical values training and is so termed to protect Christians from special attention in that very Muslim country.)

This is the plan: BCM (Bengal Creative Media) will bring Pastor Monotosh and his wife Elizabeth to Dhaka city each month for training. BCM will train them in Biblical values that speak into the felt needs of his congregations.

Pastor Monotosh and Elizabeth will return to the village and will facilitate the same session with his pastors. BCM will provide a coach to help Monotosh. Then, these pastors will go into their own congregations to have the same values session with them, with a BCM person to help monitor and also to collect data for Trinity to hear.

This project will benefit Monotosh, pastors and congregations by providing:

- 1) practical training in discipleship methods
- 2) spiritual growth through Biblical knowledge, understanding and application (Living out the Word)
- 3) answers to societies problems
- 4) a means by which the pastors and congregants can impact the local communities that surround them

Trinity will be benefited by having monthly reports of transformational change through the data collection, analysis and documentation that BCM will provide.

We are very excited to be able to use some of the resources from the sale of the cell tower lease contract to be able to impact Jesus' ministry in such a way across the seas. We will keep you informed of the topics BCM finds of most value to teach. You can check out Bengal Creative Media on their website online to see more of what they do in Bangladesh. But most of all please pray that this effort will be fruitful for these congregations in Gopalganj District as they learn more what it means to be disciples of Jesus.

This project will start shortly--October or November.



Companions All

The time has arrived to sign up for our small group dinners at Trinity Lutheran. Every year we enjoy this opportunity to get better acquainted with another group from our church family eating in different homes for each of the 3 dinners; November, January, and March. To be involved you **must sign up**. Our computer mixes names so each couple or pair of 2 will be hosts one time, co-hosts one time, and be guests one time. Sign up sheets will be in the Narthex in October.

Deadline for sign-ups is October 18.

Everyone is invited to join in the fun.



White Chicken Chili Recipe

Ingredients

- 1 pound boneless skinless chicken breasts, chopped
- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cans (14 ounces each) chicken broth
- 1 can (4 ounces) chopped green chilies
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1-1/2 teaspoons cayenne pepper
- 3 cans (14-1/2 ounces each) great northern beans, drained, divided
- 1 cup (4 ounces) shredded Monterey Jack cheese
- Chopped jalapeno pepper, optional



Directions

1. In a Dutch oven over medium heat, cook chicken and onion in oil until lightly browned. Add garlic; cook 1 minute longer. Stir in the broth, chilies, cumin, oregano and cayenne; bring to a boil.
 2. Reduce heat to low. With a potato masher, mash one can of beans until smooth. Add to saucepan. Add remaining beans to saucepan. Simmer for 20-30 minutes or until chicken is no longer pink and onion is tender.
- Top each serving with cheese and jalapeno pepper if desired. **Yield:** 10 servings (2-1/2 quarts).

<http://www.tasteofhome.com/recipes/white-chicken-chili>



Beer Bread Recipe

by Gerald Norman



45 minutes to 1 hour

Serves 6-8

3 cups flour (sifted)

3 teaspoons baking power

1 teaspoons salt

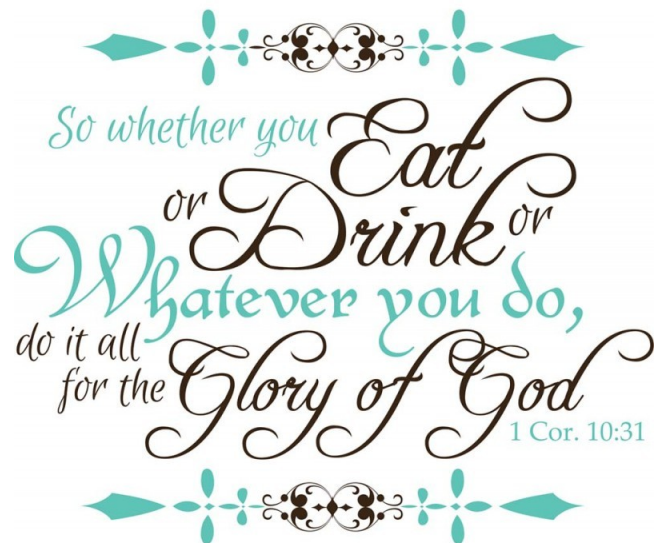
1/4 cup sugar

1 (12 ounce) can beer

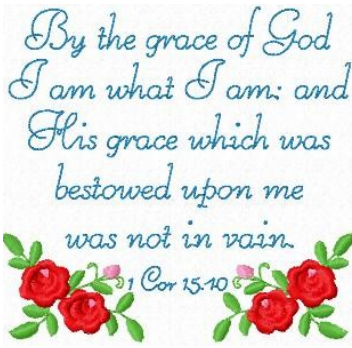
1/2 cup melted butter (1/4 cup will do just fine)

1. Preheat oven to 375 degrees.
2. Mix dry ingredients and beer.
3. Pour into a greased loaf pan.
4. Pour melted butter over mixture.
5. Bake 1 hour, remove from pan and cool for at least 15 minutes.
6. UPDATED NOTES: This recipe makes a very hearty bread with a crunchy, buttery crust. If you prefer a softer crust (like a traditional bread) mix the butter into the batter instead of pouring it over the top.
7. Sifting flour for bread recipes is a must-do. Most people just scoop the 1 cup measure in the flour canister and level it off. That compacts the flour and will turn your bread into a "hard biscuit" as some have described. That's because they aren't sifting their flour! If you do not have a sifter, use a spoon to spoon the flour into the 1 cup measure. Try it once the "correct" way and you will see an amazing difference in the end product.
8. I have had many email from you kind folks about using non-alcoholic beverages instead of beer. That is fine to do but I highly recommend adding a packet of Dry Active Yeast or 2 teaspoons of Bread (Machine) Yeast so that you get a proper rise.
9. The final result should be a thick, hearty and very tasteful bread, NOT A BRICK! ;).

<http://www.food.com/recipe/beer-bread-73440>



Happy Lunch Bunch



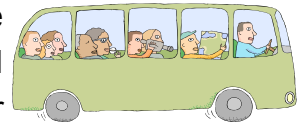
Happy Lunch Bunch meets **Tuesday, October 20 at noon** for our Special Senior Saints Celebration. We will honor our 4 Trinity Senior Saints who turn 90 years old in the year 2015: Mildren Asplin, Alma Clark, Vienna Lund, Marcella Oberg, Norlee Stanton and Howard Thompson. Remember we also invite all former Senior Saints who have been honored in previous years to join us that day. Mark your calendar for Oct. 20 and make plans to come and be part of the celebration. First time visitors come as guests, and all others are asked to bring one item for the food table; hot dish, salad, or dessert. (If you don't cook any more just pop an extra dollar in the donation basket.) **We will provide Octoberfest sausages, buns and all the toppings. Please join us!**

Attention! If you know of someone turning 90 in 2015 that we have missed, Call the church office immediately..360 695 1221.



Trip for Fun

We will enjoy some "Scandinavian Fun" on **Friday, October 23 starting at 10:15**. We will travel in our church van to the **Sons of Norway** Lodge at 2400 Grant St in Vancouver. There we will meet some expert Scandinavian cooks. They will demonstrate how to make beautiful Norwegian lefse and we will get to taste some of it...and buy some to take home if you wish. After a tour of the Scandinavian pictures and books in the Lodge, we will hop in the Van and head for a Scandinavian meal at Ikea just over the 205 bridge into Oregon. Sign up for a seat in the van. Thank you!



Holden Village Report



We thank God that Holden Village emerged safely from the forest fire that encircled the village for several days. And we thank the brave fire fighters and the few Holden staff that were allowed to stay up there. However the blackened trees around the village and all the 10 miles up the road will create a different view for visitors when operations open up again. And the road was damaged by fire and heat that is creating a new challenge. Of course the first 300 or so people back in the village will be the workers still needed to complete the clean up of the mine wastes. We all wait for information about when guests can again visit the village. Donations are always gratefully received to help make sure our Lutheran Retreat Center high in the Cascade Mountains wilderness will once again become a blessing to hundreds of visitors. Holden Village HCO Box 3 Chelan, WA 98816-9769



WELLNESS CORNER

By Sue Hoeffner



2nd Annual Worship in Pink—Sunday, October 11—Wear pink!



Breast cancer has touched the lives of all of us—whether personally, or the lives of our families and friends. *Worship in Pink* is a way our faith community can come together to offer inspiration, education, and hope to all women in the fight against breast cancer. The goals of this day—observed in cities all around the country—are to provide breast health education, increase the number of women receiving mammograms, and honor those who are currently or have previously fought breast cancer. Please join us for this special worship service on October 11th—and **wear pink!**

Women's Cancer Support Group Brunch—Saturday, October 17

Is cancer a part of your life story? If so, please consider joining us for an informal brunch gathering on **Saturday, October 17, 9:30-11:00 a.m. at Trinity**. Please come to offer or receive support from your Trinity sisters. Questions? Please call Sue Hoeffner @ 695-1221, ext. 28 or Tammy Eshom @ 695-9598.

Flu Season

It is that time of year again! This year's influenza (flu) vaccine is now available. The flu is a respiratory infection with serious symptoms such as high fever, headache, cough, sore throat, and body aches. The flu is highly contagious and can spread through coughing and sneezing. The flu is very preventable through vaccination. The Centers for Disease Control (CDC) recommends that everyone age 6 months and older receive the yearly vaccine, especially those age 65 and older. The vaccine is specific to the viral strains that cause the infection and each year the vaccine changes, so it is imperative that everyone gets the vaccine annually. The CDC recommends that you get vaccinated as soon as possible in order to provide proper protection throughout the entire flu season. Many insurance companies cover the cost of the vaccine, including Medicare Part B. **The vaccine is readily available throughout the community at local grocery stores (Safeway, Albertsons, Fred Meyer), pharmacies (Rite Aid, Walgreens), and of course your doctor's office.** For those out there that are wary of shots, ask your health care provider about the nasal spray version of the vaccine. So get to your local grocery store or doctor's office and get the vaccine at your earliest convenience to protect yourself from getting the flu!



Information from the National Council on Aging and the Centers for Disease Control

Area Agency on Aging & Disabilities of SW Washington: *Choice, Independence, Care*

This local agency is an integral and vitally important asset in our community. They connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to: Offer you choice, respect your independence and to support you in living and aging well. Call their knowledgeable and caring staff to learn more about Agency programs and services, such as:

| | | |
|----------------------------------|--------------------------|--------------------------|
| Information & Assistance | Care Management | Senior Health & Wellness |
| Personal Care Assistance In Home | Transportation Options | |
| Family Caregiver Support Program | Legal Services | |
| Nutrition Programs | Long Term Care Ombudsman | |
| Resource Library | Gatekeeper Program | |

Contact them by calling (360) 694-8144 or online at www.HelpingElders.org



Children's News

By Kellie Gordon

Children@trinityvancouver.org

360-695-1221 Ext# 13



MANY THANKS to all of you who helped make the Rally Day Kick Off a success! We had fabulous weather, wonderful attendance, and a terrific start to our Sunday School season. Thank you for coming, and for making it a memorable day!

We're gearing up for that busy time of year during the fall, as we celebrate our third graders, begin other fall programming, and prepare for Advent. So this month's article will be largely dedicated to those reminders (and pleas for help)



Upcoming dates to remember:

October 4th JAMers (4th and 5th graders) Meeting to plan year's activities.
Big Al's Bowling at 1:00 p.m.

October 11th Third Grade Bible Distribution during Worship Service – all third graders will be presented with a Bible, as well as any new members who've not received one, or not taken Bible 101 or the equivalent.

October 18th and 25th Bible 101 during Education Hour. Bible 101 is for all recipients of Bibles the week before. It takes place in the South Sunday School wing on the 3rd floor.

October 25th Children's Christmas Program script is available.

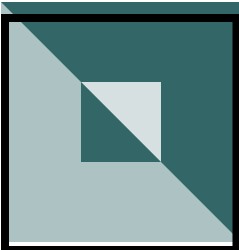


November 8th First JAMer Outing

November 29th Advent Festival

December 11th Parents' Night Out 5-9 p.m. at TLC Kids ages 3 and up welcome.

December 13th Children's Christmas Program and Gingerbread House making event.



Children's News

By Kellie Gordon

Children@trinityvancouver.org

360-695-1221 Ext# 13



ADVENT FESTIVAL

Help Wanted!

November 29th

During Education Hour



The Advent Festival is coming! If you have a fun Christmas or Advent activity or craft you'd like to lead, please talk to me! I'd love to hear your ideas! The Advent Festival is a fun, church-wide, multi-generational tradition which helps us prepare for the Advent season. You can make an Advent wreath, frost a cookie, decorate an ornament and have a great time doing it all! Don't miss this year's Advent Festival.



5:00 - 9:00 p.m.

Friday, December 11

We'll have our fifth annual Parents' Night Out on **Friday, December 11th** for all children ages 3 and up. Dinner will be served, games will be played, and we will try out best to rehearse the Christmas Pageant as well. If you'd like to help out with this fun event, helpers will be most welcome (*and desperately needed! Last year we had 18 children!*) Talk to Kellie if you can help, and sign up soon at the Children's Ministry board so we can know how many to expect. Thank you!



TLC YOUTH NEWSLETTER

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

MS/HS Pumpkin Patch Trip

All MS and HS youth come join us for a trip to Bi-Zi Farms for our annual Pumpkin Patch Trip. **Sunday, Oct. 4th @ 1:30 PM.** Meet at the church. We will head over in the Green Machine. Admission will be covered but if you want an extra pumpkin or snacks please bring some extra money. Please fill out a medical release.



Weekly Activities:

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

Confirmation Dinner


The date of the Rite of Affirmation of Baptism (Confirmation) is Sunday, October 25th for the 9th graders. Their faith statement dinner will be **Sunday, October 18th at 5:00 p.m.** We ask that 6th – 8th grade youth and parents help with that dinner as well as help serve refreshments on the day of confirmation.

Upcoming Events!

- Leaf Raking (November 8th)
- Advent Festival (Nov. 29th)
- MS Christmas Party (Dec. 16th)
- HS Christmas Party (Dec. 6th)
- Christmas Program/ Gingerbread Houses (Dec. 13th)

MS Youth Rally!

This is a great event put on by Lutherwood. Around 40—60 Middle School youth from Oregon and Vancouver attend each year. Fri. Oct. 9th—Sun. Oct. 11. Cost is \$50 per person. Will include worship, service, and lots of fun! Please let me know if you want to attend.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|--|--|--|
|  | | | | | | |
| 4 9:30a Education 10:30a Worship/S,N 1p JAMers 1:00p WOKBC Worship/MC | 5 EnhanceFitness/SH 1p 1:30p AA/AR 4p Health Workers/MC 7p Salmon Creek Bible Study/MC | 6 9:30a Women's Bible Study/CR 10a AA/AR | 7 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Ci/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft | 8 10a Lydia Circle / MC 6:30p Love and Logic / AR,N | 9 1p EnhanceFitness/SH 1:30p AA/AR | 10 |
| 11 New Member Sunday 9:30a Education 10:30a Worship in Pink/S,N 3rd Grade Bible Distribution 1:00p WOKBC Worship/MC | 12 EnhanceFitness/SH 1p ALZ Support Group/S, NX, L, MC 1:30p AA/AR 2:30p Trinity Kids' Club/SH,TH 4p Health Workers/MC 7p Salmon Creek Bible Study/MC | 13 9:30a Women's Bible Study/CR 10a AA/AR 3:45p LSM/Lincoln School 6p Foundation/MC 6:30p Esther/Elizabeth/HM | 14 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Ci/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft | 15 6:30p Love and Logic / AR,N | 16 1p EnhanceFitness/SH 1:30p AA/AR | 17 8:00a Men's Breakfast/TH 9:30a Women's Cancer Support Group / CR |
| 18 Foundation Sunday 9:30a Education 9:30a Bible 101 / SW 10:30a Worship/S,N 1:00p WOKBC Worship/MC 5-7p Confirmation Dinner/SH | 19 EnhanceFitness/SH 1p 1:30p AA/AR 4p Health Workers/MC 7p Salmon Creek Bible Study/MC | 20 9:30a Women's Bible Study/CR 10a AA/AR 12p Happy Lunch Bunch/SH 2p Knifty Knitters/CR 7p TLC Council/MC | 21 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Ci/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft | 22 9a Faith-Based Coffee/SH | 23 1p EnhanceFitness/SH 1:30p AA/AR | 24 |
| 25 Reformation Confirmation Sunday 9:30a Education Hour 10:30a Worship/S,N 1:00p WOKBC Worship/MC | 26 EnhanceFitness/SH 1p 1:30p AA/AR 2:30 Trinity Kids' Club/SH,NX 4p Health Workers / MC 7p Salmon Creek Bible Study/ MC | 27 9:30a Women's Bible Study/CR 10a AA/AR 4p TLC Book Club/CR 6p Spinning Wheel/SH | 28 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Ci/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft | 29 9a Mission Sowers/TH | 30 1:30p AA/AR | 31 |

October Birthdays

| | | | |
|------------------|-------|---------------------|-------|
| Judy Smith | 10/01 | Alexandria Anderson | 10/14 |
| Evonne Heinicke | 10/02 | Mark Olson | 10/15 |
| Brian Miller | 10/02 | Jeffrey Barsness | 10/16 |
| Gracia Larson | 10/05 | Donna Collet | 10/16 |
| June Napoli | 10/06 | Julie Toedtli | 10/16 |
| Dorothy Lunde | 10/08 | Jeffrey Raun | 10/17 |
| Mackenzie Sasser | 10/08 | Emma Larose | 10/18 |
| Laurie Mudge | 10/09 | Peggy Winston | 10/23 |
| Holly Swanson | 10/10 | Geri Combs | 10/25 |
| Sally Manilla | 10/10 | Lawrence Molyneux | 10/29 |
| Patty Carlson | 10/12 | Paige Pfeifer | 10/30 |
| Karen Stanton | 10/12 | Alex Sasser | 10/31 |
| Steve Tommerup | 10/12 | Bryce Unruh | 10/31 |
| Lory Olson | 10/13 | | |

Celebrate Your Birthday with your Trinity Family!

Please sign up for a coffee hour after the Sunday Worship service during your birthday month. The sign up sheet is posted near the Chapel in the Narthex. If you have questions, call the church office at 695-1221 or Carol Jensen at 256-3496.

KEY TO ROOM ABBREVIATIONS:

| | | |
|---------------------|---------------------|----------------|
| TH: Trinity Hall | S: Sanctuary | L: Library |
| SH: Stolee Hall | NW: North Wing | NX: Narthex |
| CR: Conference Room | MC: Memorial Chapel | YR: Youth Room |
| AR: Activities Room | HM: Home of Member | |



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

Community Groups Meeting at TLC:

AA 55+: M,W,F 1:30 pm / AR & T 10 am / AR

Alzheimer's: 2nd Monday, 1:00 pm / S, L, MC

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

Faith-Based Coffee: Every 4th Thursday 9am / SH

Lutheran Community Services, Wed. 1 pm, / NW

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

TRUST
in the
LORD with all
your heart and
lean not
on your own
understanding.
Proverbs 3:5

Van Driver Schedule:

| | |
|-------------------|--------------|
| 04...John Mudge | 695-7582 |
| 11...Sean McGill | 571-4120 |
| 18...Tim Gammell | 509-205-2795 |
| 25...John Mudge | 695-7582 |
| ..Brigham Lambley | 314-4355 |

Church office: 695-1221

Pastors: ext. 15

Kellie (Children): ext. 13

Sue (Parish Nurse): ext. 28

Janet (Finance): ext. 11

Brian (Youth): ext. 14



"All who call on God in true faith, earnestly from the heart, will certainly be heard, and will receive what they have asked and desired."
Martin Luther

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IN THIS ISSUE:

Cover: The Power of the Spirit to Serve Christ.....Page 1

TLC News and Recipes.....Pages 2-5

Wellness Corner.....Page 6

Children’s News.....Page 7

Youth News.....Page 9

Calendar, Birthdays.....Pages 10-11



Join a Bible Study Group This Fall!!

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

TIDINGS