



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.



Rejoice in Christ

Martin Luther wrote to Melancthon "If you are a preacher of Grace, then preach a true, not a fictitious grace; if grace is true, you must bear a true and not a fictitious sin. God does not save people who are only fictitious sinners. Be a sinner and sin boldly, but believe and rejoice in Christ even more boldly. For he is victorious over sin, death, and the world. As long as we are here we have to sin. This life is not the dwelling place of righteousness but, as Peter says, we look for a new heaven and a new earth in which righteousness dwells. . . . Pray boldly-you too are a mighty sinner." (Weimar ed. vol. 2, p. 371; Letters I, "Luther's Works," American Ed., Vol 48. p. 281-282)

I've always loved this saying of Luther, especially the part about "sin boldly." Not just because it sounds so counter-what-we've-heard all our lives, but because it gets our attention and helps us realize the truth about ourselves, and it turns us to depend even more heavily on Christ. Without the law holding us accountable for our sin, or accountable to the Cross of Christ, the gift of grace becomes meaningless. And we would become more and more dependent on our own "righteousness", which isn't righteousness at all.

The call to be a sinner and sin boldly (although

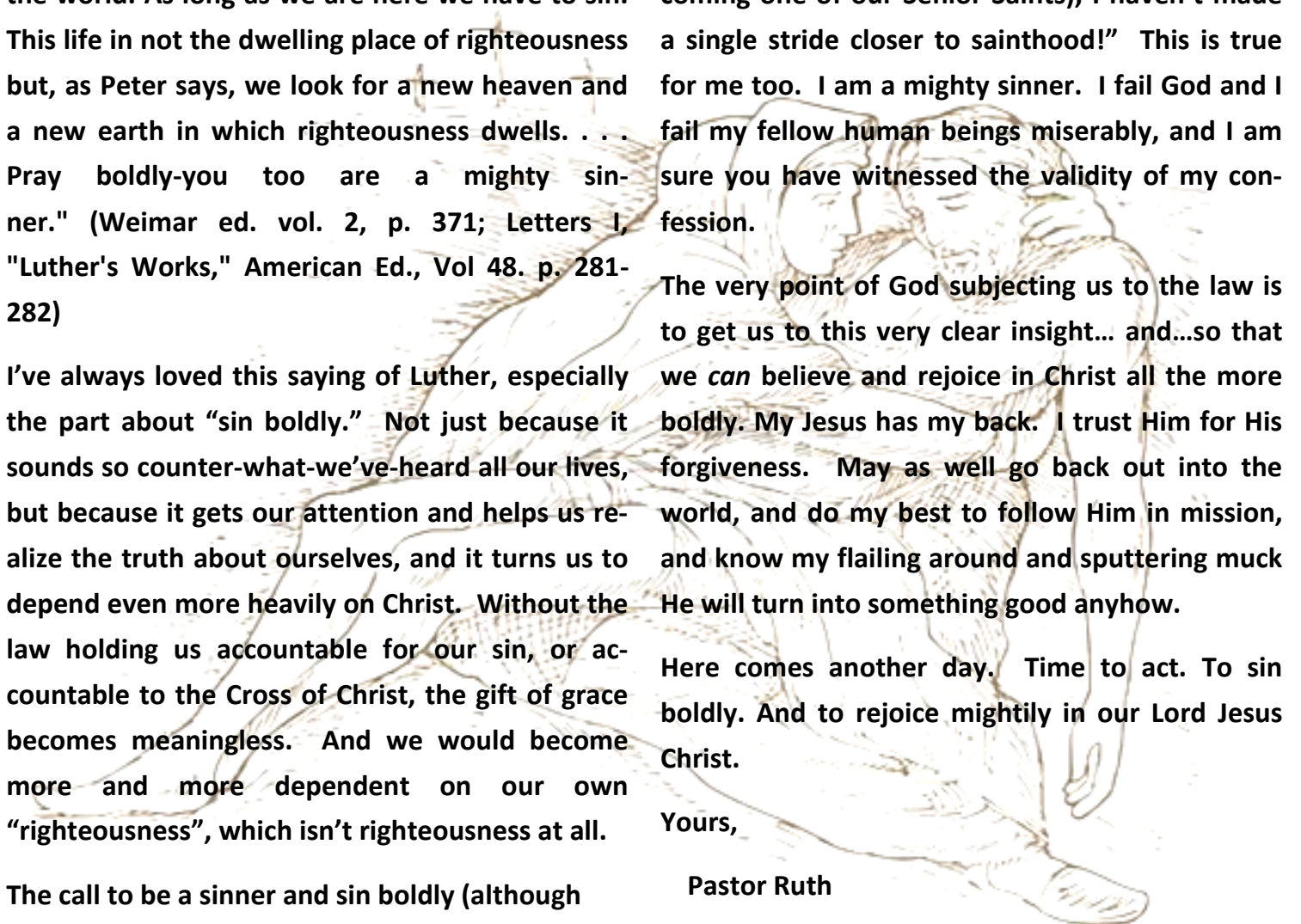
some fictitious sinners would like to think it means license to do anything) empowers sinners to act in the world for the sake of the Gospel--with freedom, because this sinner has Christ' backing. One of our members has said it on more than one occasion, "Even though I am that much closer to 90 years old, (referring to someday becoming one of our Senior Saints), I haven't made a single stride closer to sainthood!" This is true for me too. I am a mighty sinner. I fail God and I fail my fellow human beings miserably, and I am sure you have witnessed the validity of my confession.

The very point of God subjecting us to the law is to get us to this very clear insight... and...so that we *can* believe and rejoice in Christ all the more boldly. My Jesus has my back. I trust Him for His forgiveness. May as well go back out into the world, and do my best to follow Him in mission, and know my flailing around and sputtering muck He will turn into something good anyhow.

Here comes another day. Time to act. To sin boldly. And to rejoice mightily in our Lord Jesus Christ.

Yours,

Pastor Ruth



OPPORTUNITIES ALERT!!



Before we know it, the holiday season will be upon us. That means sharing our God-given resources with those who are in need. So here is the big picture at Trinity: Yes, once again we will be providing Thanksgiving food baskets for 50 needy families of students at Lincoln Elementary School. So prepare to search for bargains on food (think TURKEY!) and gifts for family members.

Lincoln Elementary Thanksgiving Food Drive kicks off with their annual Turkey Bowl on **Nov. 6 and runs through Nov. 20**. Trinity then picks up their food donations and assembles the baskets, adding turkeys and other food items. The baskets will be delivered by Trinity on the evening of **Tuesday, Nov. 24** to 50 deserving Lincoln families chosen by the school administrators. Please consider donating a turkey, if you haven't already signed up to do so. Volunteers will also be needed to fill the baskets and others to assist in delivery to families. Watch for further details.

Interested in Volunteering?

Contacts listed below:

Volunteers for delivery of baskets: Contact Craig Huff

Volunteers for assembling baskets: Contact Peggy Winston

Money donations: Give to Peggy Winston or to the bookkeeper with a note or email of the amount given.

Turkey sign-ups: Contact Peggy Winston.

A sign-up sheet will be available every Sunday **starting Oct. 25**.

If you have any further questions, please call Peggy Winston at [360-695-3710](tel:360-695-3710)





Again this year Trinity Lutheran Church is "adopting" local families in need for Christmas. This year our goal is to provide for 25 families through the Salvation Army! Each adopted family will receive a complete Christmas dinner and gifts for each family member.

There are several ways to help this holiday season. Please look forward to the Giving Tree in the Narthex the month of December. More details are listed below For more information please contact the office directly at [360-695-1221](tel:360-695-1221). Or Mary Ann Olson at [360-256-4056](tel:360-256-4056)

Here are several ways you can help:



1. A "Giving Tree" will be up in the Narthex first week in **December**. Tags on the tree will identify gift items to be purchased for each member of each family. Take a tag, and follow the simple instructions.
2. A list of needed food items will also be placed near the giving tree. Bring as many of these nonperishable grocery items as you can and place them under the tree. Even if you don't take a gift tag you can still participate in the project by donating food. We need a lot of groceries to feed 25 families.
3. Cash gifts are also welcome. Cash gifts will be used by volunteer shoppers to purchase perishable food items and additional gifts. Please endorse your check to "Trinity Lutheran Church" and designate "Giving Tree" on the memo line.
4. **Please keep your Giving Tree turkey in your own home freezer. Bring your turkey to church after Thanksgiving.** If you have questions or would like to help, call Mary Ann Olson at 256-4056, or Sharon Swanson at 225-5653

A Season Of Song



MUSIC TO CELEBRATE

THE BIRTH OF CHRIST

FEATURING MUSICIANS AND CHOIRS FROM
TRINITY LUTHERAN CHURCH

Friday

December 18, 2015

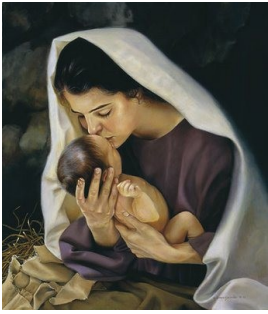
7:00 pm

\$10 suggested donation gratefully accepted at the door

Trinity Lutheran Church
309 West 39th Street
Vancouver, Washington 98660

Britta Hobbs, Director
Lyn Craig & Martha Natiuk, Accompanist
Doug Munson, Bells Director

Advent Breakfast



Women of Trinity, mark your calendar for our annual Advent Breakfast. We will meet at the Hostess House again this year, 10016 NE 6th Ave in Hazel Dell, on **December 5 at 9am**. Cost will be \$15 again for a lovely breakfast in a beautifully decorated hall. We are pleased to say our recent interim Pastor Katherine Hellier will be joining us to share a message to start off the Advent / Christmas season. Come to be filled with a true Christmas spirit! The theme is *"The Waiting Season"* Please note, many

Mothers enjoy bringing their daughters to this special Woman's gathering. **Buy tickets starting Nov. 15 in the Narthex.** If money is short this year, a Scholarship fund is available for you, just let the ticket seller know.

*Our present sufferings
are not worth comparing
with the glory
that will be revealed in us.
Romans 8:18*

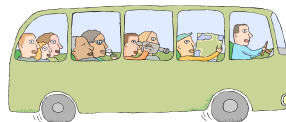


Happy Lunch Bunch



Come celebrate Thanksgiving with some of your church family on **Tuesday, Nov. 17, at noon**. We don't all cook big turkeys at home any more so part of the joy is joining friends here at church to share a big turkey dinner. We will give thanks to God for many blessings. And we will enjoy the program presented by 3rd grade children from Lincoln School who walk down the street with their teacher to join us. We will provide the turkey, mashed potatoes and gravy. **Please bring one item to complete the feast. If you no longer cook, just pop an extra dollar in the donation basket.**

Trip for Fun



We will enter the holiday season with a trip to the Northwest Senior Theatre at the Alpenrose Dairy Opera House in Portland on **Thursday, November 19**. We will leave church at 1pm. The cost is \$5 payable at the door, for the production **Silver Season Music of the Holiday Season**.

Looking ahead, mark your calendar for our **December 18 trip to Portland's New Nordic Center**, which will include a special tour of the Ross Foglequist home just full of Norwegian Christmas decorations gathered from many years.

Sign up for a seat on the "Green Machine."



WELLNESS CORNER

By Sue Hoeffner



National Healthy Lunch Day on **November 17** raises awareness about the need to make healthy choices at lunchtime. There is tremendous confusion about what to eat...what's healthful and what's not. Often the food choices people make are full of calories, yet lack the nutritional value the body needs. The result is expanding waist lines, low energy, and rising rates of type 2 diabetes and obesity-related illnesses. ADA's goal is to promote the importance of good nutrition as part of a healthy lifestyle, and help people make better food choices. To start, let's do lunch—a healthy lunch!

6 Tips for Packing a Healthy Lunch

One simple (and affordable) step to better health is to bring a good-for-you lunch from home.

Here's how:

1. On the weekend, decide what you will eat for lunch for the week and add it to your grocery list. That way, it's quick and easy to grab healthy choices when you pack your lunch.
2. Consider batch cooking on the weekend. Make a big pot of chili, soup, or a big bowl of whole-grain and veggie salad. These will keep for a few days in the fridge and can be eaten throughout the week for lunch.
3. Take 5 minutes every night (or morning) to pack something healthy for the day.
4. Use portable containers—such as a lunchbox, thermos, and various containers with tight-fitting lids—to pack and take your healthy lunch. Extra-small containers come in handy for single servings of peanut butter or salad dressings.
5. Remember food safety—if you don't have access to a refrigerator to store your lunch, insert a cold pack into the lunch box and be sure to choose foods that will stay fresh and yummy from the time you pack them until it's time to eat lunch.
6. For days you don't have time to pack a lunch, keep some non-perishable healthy options at your desk, such as light tuna in water, whole wheat crackers, no-sugar-added canned fruit, popcorn, and nuts.

Quick and Healthy Lunch Ideas

Here's how to put together good-for-you foods to make a satisfying and healthy lunch:



1. Put a healthy spin on the traditional sandwich. Use 2 pieces of thin whole grain bread and include 2 ounces reduced-sodium lean turkey, hummus, spinach, bell pepper slices, and mustard. Add some carrot sticks and light ranch dressing on the side.
2. Mix together some cooked quinoa, rinsed and drained canned white beans, chopped bell pepper, carrots and broccoli to make a whole grain and veggie salad. Toss with some olive oil, lemon juice, salt, and pepper. Add a nectarine or some grapes on the side and a small handful of dry roasted almonds, if desired.
3. Make a tuna salad with canned light tuna packed in water, light mayo, diced celery, lemon juice, and freshly ground pepper. Serve it over greens with an apple and peanut butter on the side.
4. Pack a cup of leftover chili or vegetable soup. Top it with some fresh tomatoes and nonfat plain yogurt instead of sour cream.
5. Fill a whole wheat tortilla wrap with rotisserie chicken, hummus, and greens. For more veggie goodness, add roasted or fresh pepper strips.
6. Pack a hard-boiled egg, a piece of fruit, a string cheese stick, and 5 whole wheat crackers. And bring as many carrot or celery sticks as you like!
7. Throw together a salad with romaine lettuce or spinach and any other nonstarchy vegetables that you like. Top with some cottage cheese, a sprinkle of chopped nuts, and a tablespoon of light salad dressing.



Children's News

By Kellie Gordon

Children@trinityvancouver.org

360-695-1221 Ext# 13



Our Fall session of Parenting with Love and Logic wrapped up on October 15th, marking the 9th course we've offered through TLC in the last three years. This group and the last included parents from DSHS whose children are presently in foster care. The Love and Logic course is recognized by Family Courts in the State of Washington as being a service which educates parents, strengthens parenting skills, and helps with reunification of families.

I thought I'd begin to include a story or two each session of the Tidings, so that you, too, can feel the benefit of offering this course to our community. One woman who took Love and Logic asked a lot of questions during the course. One day, her question related to the supervised visits she has with her 3-year-old son -- and how she wants to make the most of these short visits, and finds herself often NOT correcting him because she wants the experience to be only positive. We talked about how Love and Logic philosophies truly serve to strengthen the parent-child bond with the setting of boundaries, and that only with limits can children feel safe and secure.

After the class, the woman stayed behind to ask more questions. It was clear to me that there was so much on her mind, and she just needed someone to listen. She waited until everyone had gone for the night, and helped me gather up the class materials. She tearfully shared that she was homeless, currently living in her car, and had struggled with meth use, but was now clean. She hoped to soon get a job, get a home, and eventually get her son back. But that night, she felt particularly hopeless about it all, because the next day was another visit with her son, and it was also his birthday. She didn't have any money to buy him a birthday gift, and this made her feel "like the biggest loser mom ever." As she described her despair, I couldn't help feel an overwhelming empathy for the mom, who was trying so hard to get her life back together. Suddenly, I also remembered that that day, someone (a Trinity member? if so, thank you!) had dropped off a large bag of brand new stuffed animals. Most of the animals still had tags on them, and had never been used. I went to my office to get the bag, and brought it to the woman. I told her to pick two animals that she thought her son might like. It wasn't much, but at least she wouldn't have to show up to the visit empty-handed on her son's 4th birthday. A small, hesitant smile came across her tear-stained face, and she said, "Really? That's so kind of you!" I told her I wish it could be more, but that I felt those stuffed animals were delivered to us with her son in mind. I was just the catalyst that brought them together. She hugged me, thanked me profusely, and left the building with a lightness and a hope I hadn't seen before. She completed the course, received her certificate, and, I believe, is one baby step closer to being permanently reunited with her little boy.

This young mom is not alone. There are many just like her. These are some of the people TLC is serving through our Love and Logic parenting classes. Others are parents who simply want to be better parents, or who have a child facing a particular struggle. I feel honored to be part of this ministry, and grateful to all of you who support it. I wanted you to share in the small victories I see every week.

In His Service,
Kellie





Children's News

Children@trinityvancouver.org

360-695-1221 Ext# 13



ADVENT
FESTIVAL

Help Wanted!

November 29th
During Education Hour



November 29th is the Advent Festival. Please plan to come to Stolee Hall during the Education Hour (9:30-10:30) to make your Advent Wreath, decorate a cookie, handcraft a tree ornament, and pick up your Devotional for the Advent Season. If you have a craft or an activity you wouldn't mind leading, please talk to Kellie. Always looking for fun, creative ideas!

Mark Your Calendar

December 13 -- Children's Christmas Program
and Gingerbread House Event 4:00 p.m. at TLC

JAMers Underway!

The JAMers group enjoyed bowling and pizza to kick off their activities for the coming year. They're excited to get to know one another and also, to serve their community. If you have any projects in mind that the JAMers (4th and 5th graders) might help with, please let us know. The first thing they're wanting to tackle is helping make more Life Packs for the homeless.



Train up a child in the
the way he should go and
when he is old he will not
depart from it.
Proverbs 22:6

TLC YOUTH NEWSLETTER

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

Youth Leaf Raking Party!!

Coming up on **Sunday, November 8th** the youth will be piling in the Green Machine and heading to 3—4 homes of members to rake their yards and have snacks and hang-out time after. If you'd like to have your house considered please talk to Brian. We are only able to do 4 homes max. Please let me know if you can come and help (both MS and HS youth). We will start about 1 PM.



MS Youth Retreat at Lutherwood

Christmas Parties!

It's almost Christmas again!
We will be having our **HS** party on **Sunday, December 6th** and the **MS** one on **Wednesday, December 16th**.

There will be a White Elephant Gift Exchange, Christmas goodies, games, and a Bible Study. This is a perfect time to bring a friend!



Pumpkin Patch Trip

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

Upcoming Events!

- Advent Festival (Nov. 29th)
- Christmas Program / Gingerbread Houses (Dec. 13th)
- HS Snow Retreat to Sunriver TBD (Jan or Feb)
- Cake Auction TBD

Summer Dates!

Confirmation Camp will be **July 24th—29th** and the HS Mission Trip will be **July 10—16**. The mission trip will most likely be to either Idaho (Nez Perce Tribe) or San Francisco. TBD in next 2 weeks! Sign up now, should be a great trip!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 All Saints Sunday 9:30a Education Hour 10:30a Worship/S,N 1p WOKBC Worship/MC	2 1p EnhanceFitness/SH 1:30p AA/AR 4p Health Workers/MC 7p Salmon Creek Bible Study/MC	3 9:30a Women's Bible Study/CR 10a AA/AR	4 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft	5 9a Mission Sowers/TH	6 1:30p AA/AR	7
8 9:30a Education Hour 10:30a Worship/S,N 1p WOKBC Worship/MC 1p Youth Leaf Raking	9 1p 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	10 9:30a Women's Bible Study/CR 10a AA/AR 3:45p LSML/Incoln School 6p Foundation/MC 6:30p Esther/Elizabeth/HM	11 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 1:30p AA/AR 1-7p Blood Drive/ NX,MC 6:30p Confirmation 6:15p Adult Choir/Loft 7p Grace Notes/S	12 10a Lydia Circle / MC	13 1p EnhanceFitness/SH 1:30p AA/AR	14
15 9:30a Education Hour 10:30a Worship/S,N 1p WOKBC Worship/MC	16 1p EnhanceFitness/SH 1:30p AA/AR 4p Health Workers/MC 7p Salmon Creek Bible Study/MC	17 9:30a Women's Bible Study/CR 10a AA/AR 12p Happy Lunch Bunch/SH 2p Knitty Knitters/CR 7p TLC Council/MC	18 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 1:30p AA/AR 6:30p Confirmation 6:30p The Grace Notes/S 7:30p Adult Choir/Loft	19 9a Mission Sowers/TH 1p Trip for Fun	20 1p EnhanceFitness/SH 1:30p AA/AR	21 8:00a Men's Breakfast/TH 9:30a Women's Cancer Support Group / CR
22 9:30a Education Hour 10:30a Worship/S,N 1p WOKBC Worship/MC	23 1p EnhanceFitness/SH 1:30p AA/AR 2:30p Trinity Kids' Club/SH,TH 4p Health Workers/MC 7p Salmon Creek Bible Study/MC	24 9:30a Women's Bible Study/CR 10a AA/AR 4p TLC Book Club/CR 6p Spinning Wheels/SH 6p Thanksgiving Service	25 10a Staff Meeting/CR 1p EnhanceFitness/SH 1p LCS/Cit/NW 1:30p AA/AR 6:30p The Grace Notes/S 7:30p Adult Choir/Loft	26 OFFICE CLOSED	27 OFFICE CLOSED	28
29 9:30a Advent Festival 10:30a Worship/S,N 1p WOKBC Worship/MC	30 1p EnhanceFitness/SH 1:30p AA/AR 4p Health Workers/ MC 7p Salmon Creek Bible Study/MC					



November Birthdays

Duane Lansverk 11/02
Daniel Pershall 11/02
Joan Gilderhus 11/03
Alyssa Selfridge 11/03
Nancy Giles 11/04
Soren Vrosh 11/04
Haley Diment 11/05
Thomas Wisch 11/05
Donna Ellingwood 11/06
Gary Hobbs 11/07
Crystal Johnson 11/07
Madeline Molyneux 11/09
Sallie Mason 11/11
Marcella Oberg 11/11
William Clark 11/14
Abigail Gordon 11/14
Darlene Nielson 11/15
Michelle McGill 11/16



Diane Baylous 11/18
Samantha Hunter 11/19
Kellie Wagnild 11/19
Inez Olin 11/20
Anne Sundberg 11/21
Neil Geis 11/25
Stephanie Hale 11/25
Kaye Nelson 11/25
Susan Stevenson 11/25
David Swanson 11/25
Lance Bloom 11/26
Eileen Eastman 11/26
June Jones 11/26
Donald Baxter 11/27
Nicholas Ferderer 11/28
Laverne Osborn 11/28
Vienna Lund 11/30
George Vigeland 11/30

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:

01...John Mudge	695-7582
08...Sean McGill	571-4120
15...Tim Gammell	509-205-2795
22...John Mudge	695-7582
29...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

*“Every word of
God is pure: he is a
shield unto them
that put their trust
in him.”*

Proverbs 30:5

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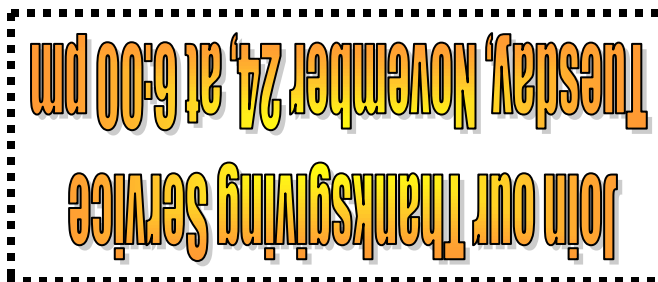
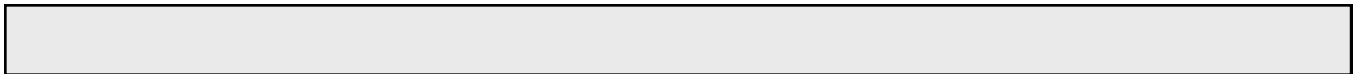
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Trinity Lutheran Church
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Return Service Requested

TIDINGS