



Monthly Newsletter of Trinity Lutheran Church

Surprise! God is Present

The calendar is playing tricks on me. Seriously, the calendar for the year 2018 and the church calendar, when placed side by side, is playing tricks on me. For example, Ash Wednesday, that day of penance that emphasizes our need of God, is on February 14th... also known as Valentine's Day. Ashes and hearts...what a combination. And Easter Sunday this year falls on April 1st, also known as April Fool's Day. "April Fool" and "He is Risen!"... this combination is even worse. Just think of the bad jokes this combination could inspire! At least the smiles would be something positive.

I'm not totally sure yet what I am going to do with this not so wonderful alignment of the calendars. The easiest thing to do would be to ignore the secular holidays and just focus on the religious observances. After all, we are a church, a Christian

community. We are all about church stuff, right? Yes, to a point. But there is also a part of me that wants to wrestle with both observances on each of these days, to see if we can see Ash Wednesday and Easter Sunday from a somewhat different perspective using their secular holiday counterparts.

And I want to do this because being God's people isn't only about being in a separate building called a church. It's also about trying to live the faith we say in that building everywhere else. We live in the world of romantic Valentine's Day hearts and the practical jokes of April Fool's Day. Jesus calls on us to bring the faith of the church into that world. I don't know if I will succeed, but I will try!

Pastor Larry

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Blessed Beginnings to Accept Enrollments

The wintry wind is still blowing, but *Blessed Beginnings Preschool* is looking ahead to the crisp days of Fall. We will soon be accepting enrollments for the 2018-2019 school year for our 3 and 4 year olds' programs. Please note your family's special dates to attend:

Open Enrollment for the 2018-19 school year begins Thursday, February 8, 2018

Hours to enroll: 8:15 - 3:30 p.m. (Monday – Friday)

Please stop in the preschool to drop off your application and pay your non-refundable \$35.00 enrollment fee*.

You can also mail in your application and enrollment fee after the date listed above. Classes fill up fast, so please enroll EARLY. Please make the check payable to *Blessed Beginnings Preschool*.

If you have any questions, please contact Mrs. Hayz at (309) 764-7220.

* If no space is available in desired class, your enrollment fee check will be returned.

Thank you so much for your interest and support for *Blessed Beginnings Preschool!*

Blessings and Peace!



Our "Pizza with the Preschool" event was fantastic! We raised almost \$800 to go towards our Alvina Hansen Memorial scholarship fund! Thank you to all who attended!

**Friendship Friday is February 9th
10:00 a.m.**

Sunday School Notes

- Sunday, February 11th: Mardi Gras Celebration. 4:00 p.m. in Founders Hall. Details page
- Saturday, March 31st: 10:00 a.m. Easter Egg Hunt. Meet in Faith Hall.
- April 8th: First Communion Workshop, 4:00—6:00 p.m. 3rd graders or older. Contact the church office to register.
- Sunday, April 15th: 9:00 a.m. Worship & 1st Communion.
- Saturday, April 22nd: Sundaes & Sardines, 6:00-8:00p.m. details on page 8.
- Sunday May 20th: Last day of Sunday School.

- June 18th—22nd: 2018 Vacation Bible School. We are currently accepting volunteers to be storytellers, group shepherds, and general helpers.

If you have any questions or would like to volunteer please contact me.

Amy Roehrs, Children's Minister

Photo: Preparing cookies for our shut ins.



Trinity Members: Coming and Going

Deceased
Donald Koch

Weight Loss vs. Healthy Weight

Welcome to February, for those of you who religiously make a goal or New Year resolution, How is it going???

My hope is that none of you have placed yourself on a "Diet". Dieting is harmful for your self-esteem, it actually sets you up for failure. With dieting, many are so unrealistic, are you Really going to eat like this for the rest of your life???

With dieting you feel hungry, angry, deprived and feel less loving toward yourself (often to others also, as strict dieting does Not improve your mood. The fact is diets don't work- seek healthy lifelong habits....this is when you get on the path to weight loss, weight maintenance and better health.

Your healthy weight differs from mine. Body type, height, bone density, body composition and personal routines can all affect the determination of "healthy weight". Do not focus on the insurance approved weight/height recommendations!!! A healthy weight reflects a positive body image, resistance to illness and enjoyment of life overall.

The first step is to establish a healthy relationship with food.... You can begin by having a Healthy Weight Week challenge, set aside 7 days and follow along.....

1. Hide your scale...Love yourself, love your body!!!
2. Change your thinking as you focus on these goals: Accept your weight and embrace Who you are, not what you weigh, Set realist guidelines for yourself toward wellness, ex. I want more energy, feel well, have more moments of "me" time, Focus on positive lifestyle changes(+ water, + vegetables, + physical activity)
3. Appreciate yourself. Work on creating positive relationships with family, friends and of course with food (we need food, it is Not our enemy)

4. Change your thoughts: Erase negative thoughts and begin positive self-talk: "I am beautiful" "God gave me this Temple" "I am Loved"
5. Enjoy your eating experience by eating a variety of foods, eat at the table, use your china, don't rush.
6. Eat what you think is a reasonable, healthy portion (labels are easy to follow now) stop when your serving is gone, don't be tempted to have "a little" more. Snack healthy, don't wait until you are famished.
7. Move your body. Enjoy a hobby, if you feel like singing or dancing... just do it!!! Relax, take time for yourself, as you would for a friend...You should be your Best friend!!!

If you enjoy the 7 days you have set aside and just completed, Don't stop. Many of the suggestions make lasting lifestyle positive changes.

Healthy Chicken Salad

Prep time: 15 min.

2 cooked chicken breasts (shredded or chopped)

2-3 avocados (3 med. Or 2 lg.)

1 c. cooked corn (not canned)

6 oz. lean bacon cooked/chopped

¼ c. chopped chives or gr. Onion

2 Tbsp. chopped Dill

2 hard- boiled eggs, chopped

Blend, place into serving bowl (this recipe=4 servings)



Top with Lemon Dressing: 3T. fresh lemon juice, 3T. extra virgin olive oil, 1 tsp. sea salt or less for your taste, 1/8 tsp blk. Pepper. Mix and pour over chicken salad.

Can be your entrée, just serve over fresh dark green leafy Romaine or lettuce.

Enjoy...Be proud of Who you are and how God made you one of a kind!!!

Mary Jane, Parish Nurse

Church Office Hours

- The church office will be closed for lunch Monday-Thursday from noon to one. The office is otherwise open Mon.—Thu. from 9:00—4:00 and on Fri. from 9:00—1:00.
- Church Accountant, Carolyn Wilson: Tuesday & Thursday from 8:30—12:00.
- Communication Coordinator, Dawn Anderson: Mon.—Fri. 9:00—12:00.
- Parish Nurse , Mary Jane Dimmer: Mon. Tues. & Thurs. 8:30—4:00.

February Birthdays

1—Carolyn McGehee, Mike Natsis, Camille Thoms, Sarah Weigandt, Tara Weigandt, Daniel Wesemann

2—Holden Happ, Lindsay Ledbetter, Thomas Ribbeck, Adrian Winters

3—Steven Nimrick

4—Robert Baner, Zachary Cochuyt, Monica Golinvaux, Jack Lounsberry, Brayden Seefeldt, Caitlin Timmer

5—Larry Rumler

6—Emily Blackall, Donald Hilger, Christine Moriarity, Marguerite Pierce

7—Gail Bell, Carol Hilger, Norma Schweinberger

8—Eric Boster, Jon Davis, Mardelle Falline, Zachary Fowler, Amy Ockie

9—Jennifer Bergren, Autumn Love, Lawrence McCallum

10—Brian Alm, Ruth Gissel, Elizabeth Hunt

11—Katherine Galvin, Debra Kelly, Teresa Moore, Judith Peterson

12—Robert Ruud

13—Adelle DeVolder, Haley Moore, Amanda Mullen, Robyn Nelms

14—Kate Morris, Sue Smith

15—Nancy Beek, Andrew Campbell,

Daniel Frieden, Patricia Good, Barbara Peterson, Kathleen Trevor, Connor Wesemann

16—Matthew Douglas, William Grimes II, 17—Roxanne Croegaert, Judy Dwyer, Jaiden Womack

18—Melissa Barnes, Kelly Vinsel

19—Patricia Averill, Jasmine Franks, Kirsten Lester, Shelby Resler

20—William Deadmond, Vikki Hankins, Danielle Harris, Susan Nelson, Amy Roehrs, Alexandria Tiedge

21—James Gale, Jeremy Suman

22—Gregory Blew, Samuel Cavins, Cindy Wildermuth

23—Jorel Justus, Penny Knox, Elizabeth Ruiz

24—Howard Braren, Charlotte Douglas, Marilyn Johnson, Phyllis Sinksen, Brian Wils

25—Janice Baner, Nicholas Rollick, Joshua Weinle

26—Cindy Bender, Christopher Larsen Jr.

27—Shelby Ross, Abigail Sutterman

28—Dalton Klundt, Jillian Womack

29—Marissa Lindell, Cole Neder



Congregational Resourcing Event

Saturday March 10th at Kishwaukee Community College in Malta, IL, featuring keynote speaker: the Rev. Nathan C.P. Frambach, Professor of Pastoral Theology at Wartburg Theological Seminary.

Sponsored by the Northern Illinois Synod Congregational Life Committee, this event is one of this synod's finest yearly events. Church council members, teachers, musicians, staff, volunteers, and leaders - just about everyone in a congregation - can take advantage of this learning event to strengthen skills, gather resources, network with others, and discover new ways to enhance congregational and individual ministries.

The Congregational Resourcing Event offers many varied educational workshop selections for you, your key congregational leaders, and other interested congregation members. Many groups, agencies, and institutions have displays.

Supervised child care in Kishwaukee College's on-campus Early Childhood Center is provided with pre-registration. A free-will offering will be accepted to cover child-care costs.

Workshop sessions will be available at nisynod.org/cre/ soon. If you are interested in attending please contact the church office.

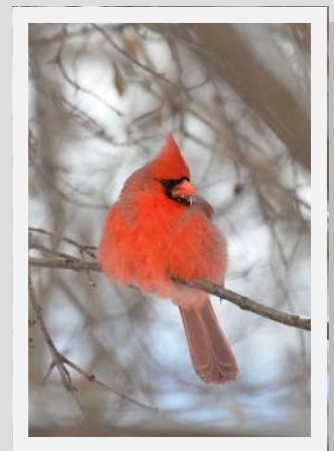
Have You Tried This?

Spiritual Tips for Ordinary Days

There may be days when we see friends and loved ones wavering in their faith. Children who were baptized and grew up in the church no longer seem to need God. Friends become haphazard in their worship and even our own faith has days of doubt or lukewarm acceptance. Isaiah's words in chapter 49: "A bruised reed he will not break, and a dimly burning wick he will not quench." (Isaiah 49:3) have always been a comfort. The promise is that Jesus does not and will not break that which is already bent or snuff out that

which is struggling to stay lit. God is not done with us — not even when we waver.

No doubt, even if we don't see them at first, there are bruised reeds and dimly burning wicks all around us. Perhaps we can use the words of Isaiah to help us remember God's never failing love for ourselves and to bolster up, encourage and pray for those other bruised reeds.



Feed the Hungry

Christian Friendliness Food Pantry

Non perishable food items can be brought to the church and left in the grocery cart in Founders Hall at any time. The food is taken to the Christian Friendliness Food Pantry in Moline. Monetary donations are also welcome.

Thanks to everyone who made donations last year!

8986 individuals were served by that Churches United site in 2017.

680 people from 220 families were served in December and 135 Thanksgiving baskets and 148 Christmas baskets were distributed.

ELCA World Hunger Appeal

The program seeks to address the root causes of hunger and poverty by providing relief, education and development programs. ELCA World Hunger envelopes are available in the pew racks. Please keep using those envelopes.

Help provide/serve a meal Sunday, March 2nd at the Hope UCC Meal Site.
Contact Dana Griffin with questions.

Meet Isaac—here is his story

I'd like to introduce you to Isaac Gregory Crane who has been on Trinity's prayer list for almost four years. Isaac is my grandson and lives in Mead, Colorado with his big sister Natalie, his mom-our daughter Jenna - and dad, Jeremiah.

Isaac was born February 11, 2014. On June 10, 2014 Isaac stopped breathing while in the car with Jeremiah. Jeremiah brought his son back to life and thence the journey began. Isaac was a patient at Children's Hospital in Aurora, Colorado for a month and was diagnosed with SMA type 1- spinal muscular atrophy. The prognosis was grim and devastating with his life expectancy given at a little more than a year. Isaac went home with a breathing machine, tube feedings, suction machine and various other medical equipment which his parents, and grandparents, had learned how to use.

The first year and a half were horrible with hospitalizations, scary episodes at home, little sleep, loss of jobs and therefore income. There have been nurses to help but not every day. Fast forward to today. Isaac is four years old, attends preschool three mornings a week, is smart and as vocal as he can be! He is healthy and growing thanks mostly to his strong, loving, faithful, diligent parents.

Isaac will always need assistance to breathe, always have tube feedings, never walk, never talk. But he has a personality that comes through very clearly! With his vocal cords (and his eyebrows!) he can make his feelings and wishes known. He loves the Ghostbusters song, being read to, playing with his sister, and his cousins when they are able to be together. Oh, and cartoons on TV- always!

Isaac is receiving the new drug Spinraza which is given by spinal injection every four months. This is not a cure by any means but the hope is he will regain more strength in his hands, maybe regain his smile (which I dearly miss), and prolong his life.

Their days are not without worry. There is always the threat of illness; there is a need for an accessible van that isn't 17 years old; there is a need for home modifications as Isaac grows. He is a big boy and it's getting more difficult to transfer him from bed to stroller, etc. The financial strain is enormous. Our daughter is working 36-40 hours a week as a speech therapist and Isaac's daddy is paid by their home health care provider as a parent CNA. They have a nurse about one day a week. Isaac gets cough assist treatments twice a day, needs frequent suctioning as he cannot



The Crane Family

swallow, has tube feedings around the clock, communicates with his computer 'eye gazer' and is loved by all. While we can't know what the future holds, we do know that every day we have with Isaac is a gift. He is prayed for around the world.

I'd like to thank you for your continued prayers and support.

Bonnie Boostrom

*Roger & Bonnie
Boostrom*



To learn more about SMA please visit www.CureSMA.org. Jenna writes a blog (occasionally!) at www.roarwithisaac.org.

Submission Guidelines and Deadlines

When submitting articles to the church office, please be sure to include your name and phone number in case we have questions.

The deadline for the Trinity Visitor is the 2nd Monday of the month, i.e. March's deadline is Monday, February 12th.

Items for the bulletin announcements/slideshow/Friday Notes must be submitted by Monday each week.

Send electronic submissions to danderson@tlcmoline.org

Library LINES

Library Lines is written by volunteers from Trinity Church. A review of anything from our church's library, including videos, is welcome. Reviews from the children's and youth sections are also welcome.

Book Notes

The TLC Book Club meets February 20th at 12:00 noon in Tillberg Lounge to discuss "Small Great Things" by Jodi Picoult. The Good Book Club meets February 26th at 1:30 p.m. in Tillberg Lounge to discuss "Day After Night" by Anita Diamant. Join either

of the discussion groups. We enjoy welcoming new members!

Book marks listing the book club selections for the year are available in the church library.

SUBMITTED BY DAWN ANDERSON

"Old Order Amish: Their Enduring Way of Life" by Donald B. Kraybill (974.8 Kra) is a beautiful journey into Lancaster, Pennsylvania's Amish community that transported me back to childhood summer vacations.

Many of my childhood vacations were flavored by my mother's love of the Amish and her Pennsylvania Dutch ancestry. We drove down country roads, often slowed by a horse and buggy. We ate farm fresh eggs with fried potatoes for breakfast or a dinner (midday meal) of homemade chicken and noodles with mashed potatoes, green beans with bacon, and freshly baked bread. We were

fascinated and awed by the quilts and woodwork offered in local stores. Mom would say "See what you can do without T.V.?"

Those trips instilled in me a love of simplicity that is reflected in Kraybill's book. The photos by Lucian Niemeyer swept me back to summers long ago and planted a longing for chicken and noodles, sun on the corn fields and a long drive down a country road.

If you're tired of winter, the photos in this book are a welcome vacation.

Book Drive

During the month of February, Trinity member, Norallene Able will be having a used children's book drive. The books donated will be distributed to people with disabilities in the Quad Cities and surrounding area. Donation boxes can be found at every Walgreens in the Quad Cities.



Events



Lunch Bunch

February 7th at 11:30 in Faith Hall. Katherine Bodenbender presents, "A Love Story: The Story of My Parents". Menu: Tossed salad, beef stroganoff, peas, rolls, cherry pie. Tickets are \$8.00 and are available during fellowship February 4th in Founders Hall. Call Marilyn Harter (762-2926) or Julie Blew (786-5890) with questions. Questions? Call Marilyn Harter, 762-2926 or Julie Blew, 786-5890.

March 7th at 11:30 a.m. in Faith Hall. Lunch only then join us an Ash Wednesday Devotional.

Table Talk

Table Talk meets Monday nights in February at 6:30 p.m., at Blue Cat Brew Pub, 113 18th St. Rock Island. Join us for open discussions about current events, faith, and what it means for us.

Friendship Friday

Trinity members wanted to spend time with our preschool crafting, talking, and having fun! Come & Play! February 9th at 10:00 a.m.

Parents Night Out

Saturday, February 10th LIFE offers Parents a night out. Drop off your kids for a night of fun while you enjoy a night out. 6:00 p.m. Ages 2–12 years. Games, movies, snacks and more. Contact Brian Croegaert at 309-236-9640 with questions.

Annual Meeting

Worship at 9:00 & 10:30 a.m. followed by the annual meeting Sunday, February 11th at 11:45 a.m.

LWR Quilters

We are accepting donations of dark or solid colored sheets to use as backing. Please join us Tuesday, February 13th & 27th. in the quilting room from 9:30–12:00.

Ash Wednesday

Please join us for worship on February 14th at noon in the Chapel or at 6:30 p.m. in the Sanctuary.

Foot Care Clinic

Tuesday, February 27th 9:00–noon in Tillberg Lounge. Appointments only! Sign up in Founders Hall during fellowship on Sundays. \$35 fee includes a foot soak, nail cleaning and trimming, lotion massage to calves and feet. Foot care attendants are trained, bonded and insured. Make checks payable to UnityPoint.

Women's Lenten Brunch

All of the women of Trinity are invited to the Lenten Brunch on February 17th at 9:30 a.m. Maria Bribresco, Deputy State Director for the Deferred Action for Childhood Arrivals will speak about DACA, what our local community is doing and how we can help. And Alejandra Alvarez, a Dreamer, will speak about her life experience and what being a dreamer means for her and others. Tickets are \$7.00 and may be purchased during fellowship February 4th and 11th.



ANNUAL CONGREGATIONAL MEETING REMINDER SUNDAY, FEBRUARY 11, 2018 at 11:45 AM

There will be a meeting of the congregation of Trinity Evangelical Lutheran Church in the church sanctuary at 11:45am following the second service. The nursery is available for children through age 5.

It is **very important** that you be informed and involved in the operations of the church and **we want you to attend.**

Items to be discussed include:

- A Way Forward team report
This special ad hoc team has been discussing the future of Trinity and will share some of their hopes and dreams at the annual meeting. **Plan to attend and hear their thoughts and discover the possibilities!**
- a positive 2017 financial report
- a proposed 2018 balanced budget
- constitution and by-law updates to conform with ELCA guidelines

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>This calendar was printed 1/30/18 Please check online www.tlcmoline.org to keep your calendar current.</p>			<p>**Every Wednesday: unless otherwise noted 4:30 Yoga 5:30 Bell Rehearsal 6:00 TLC Choir (Feb. 7) 7:30 TLC Choir (Feb. 21 & 28) 6:30 LIFE</p>		<p>1 12:30 Ruth Circle 6:00 Toastmasters</p>	<p>2 Groundhog Day 1:00 Office Closed</p>	<p>3 5:30 Benediction</p>
<p>4 9:00 Trad. Worship 9:00 Sunday School 10:00 Fellowship 10:30 Cont. Worship 10:30 Adult Forum 5:00 SJO Worship: Chapel</p>	<p>5 8:00 Prayer Partners 12:00 Rotary Club 4:30 Youth Ministry Team 6:30 Table Talk</p>	<p>6 9:00 WELCA Board 11:45 Executive Committee 12:00 Kiwanis 6:00 Worship Team</p>	<p>7** 11:30 Lunch Bunch 2:00 Member 4:30 Yoga</p>	<p>8 5:30 A Way Forward Group 7:00 ASA meeting</p>	<p>9 10:00 BBP Friendship Friday 1:00 Office Closed</p>	<p>10 5:30 Benediction 6:00 Parent's Night Out 11:00 LIFE Lock In</p>	
<p>11 9:00 Trad. Worship 9:00 Sunday School 10:00 Fellowship 10:30 Cont. Worship 10:30 Adult Forum 11:45 Annual Meeting 4:00 Mardi Gras Celebration 4:30 QC Singers Rehearsal 5:00 SJO Worship: Chapel 5:30 Confirmation</p>	<p>12 8:00 Prayer Partners 10:30 Prayer Shawl 12:00 Rotary Club 5:30 Yoga 6:30 Table Talk</p>	<p>13 9:30 LWR Quilters 12:00 Kiwanis 6:30 Church Council</p>	<p>14** Ash Wednesday <i>Valentine's Day</i> 12:00 Worship 6:30 Worship No Choir Rehearsal</p>	<p>15 9:00 Sarah Circle 11:45 Chair Yoga 1:00 Anna Circle 6:00 Toastmasters</p>	<p>16 1:00 Office Closed <i>BBP No School Teacher In Service</i></p>	<p>17 9:00 WELCA Brunch 5:30 Benediction</p>	
<p>18 9:00 Trad. Worship 9:00 Sunday School 10:00 Fellowship 10:30 Cont. Worship 10:30 Adult Forum 5:00 SJO Worship: Chapel 5:30 Confirmation</p>	<p>19 <i>Presidents' Day</i> <i>BBP No School</i> 8:00 Prayer Partners 12:00 Rotary Club 5:30 Yoga 6:30 Table Talk</p>	<p>20 12:00 Kiwanis 12:00 TLC Book Club 6:30 Esther Circle 6:30 BBP Board 6:30 Bluff Neighborhood</p>	<p>21** 6:30 Worship</p>	<p>22 11:45 Chair Yoga 5:00 Property Team 5:30 A Way Forward</p>	<p>23 1:00 Office Closed</p>	<p>24 5:30 Benediction</p>	
<p>25 9:00 Trad. Worship 9:00 Sunday School 10:00 Fellowship 10:30 Cont. Worship 10:30 Adult Forum 5:00 SJO Worship: Chapel</p>	<p>26 8:00 Prayer Partners 12:00 Rotary Club 1:30 Good Book Club 5:30 Yoga 6:30 Table Talk</p>	<p>27 9:00 Foot Care Clinic 9:30 LWR Quilters 12:00 Kiwanis 5:30 A Way Forward 6:30 DISH</p>	<p>28 9:00 Collate Newsletter 6:30 Worship</p>	<p><i>BBP=Blessed Beginnings Preschool</i> <i>CEMT=Children's Education Ministry Team</i> <i>SJO=San José Obrero</i></p>			



Save Postage! Go Green! Enjoy the newsletter in full color! View the text as large as you need! Sign up to receive the Visitor via e-mail today! Just e-mail us at office@tlcmoline.org and type, "I'd like the e-TV!"

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FEBRUARY 2018

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Wednesday, February 14th: **Ash Wednesday Worship** at 12:00 noon & 6:30 p.m.

Sundays of Lent (February 18th, 25th, March 4th, 11th, & 18th) at 9:00 & 10:30 a.m. "The Cross: A Message of Faith, Challenge, Hope, Determination and Love.

Wednesday Midweek Worship (February 21st, 28th, March 7th, & 21st) at 6:30 p.m. "The Spiritual Discipline of Fasting, Meditation, Prayer, Devotions & Intentional Service.

Wednesday Fast (February 21st, 28th, March 7th, & 21st) daybreak to 5:30 p.m. we welcome those who are able to fast (avoid food—not liquids) each Wednesday in Lent. When you fast, do so in secret.

Wednesday Midweek Meal (February 21st, 28th, March 7th, & 21st) at 5:30 p.m. Join us in breaking fast with a light meal each evening before worship.

Lenten Devotional: "Voice of the Prophet: Ancient Words for Today" A devotion for each day of Lent written by Trinity members and staff. Available soon!