

## January/February Events at Trinity

**A Spiritual Tip** - What is there to say about January? The good news is that while the temporal celebration is over, the REASON for the celebration is not. Jesus still comes to us every day. He comes again and again to bring forgiveness, peace and joy. A recent article highlighted 29 things to do in January. Here are three suggestions for our community called Trinity. Check out a devotion book from our library or download a meditation and spend more time with the Lord. (Wise Men still seek him.) Write a thank you note to someone who has helped you or that you admire in our congregation. Call someone that you haven't seen at church for a while or take a grieving person to lunch. Blessings on your January.

**Pathways Forward** is a small group ministry where we explore the journey of grief. The first meeting is on *Monday, January 6<sup>th</sup>* from Noon – 1:30 and will meet for four consecutive Mondays in the Trinity Lounge. If you are interested, please call Patty Tillman at 309-721-4675 or email at [ptillman@tlcmoline.org](mailto:ptillman@tlcmoline.org)

**Trinity is pleased to offer Befriender Training.** —A Befriender is a caregiver who provides ministry by spending compassionate time listening with a person. Classes begin *Tuesday, January 7, 2020* and will meet on consecutive Tuesdays for four weeks from 6:00 pm to 7:30pm in the Trinity Lounge. If you are interested, please call Patty Tillman at 309-721-4675 or e-mail [ptillman@tlc.org](mailto:ptillman@tlc.org)

**NAMI –National Alliance on Mental Illness** will offer a free 90-minute seminar that informs people who have loved ones with a mental health condition on how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. The seminar will be held on *Saturday, January 11, 2020* from 1:30-3:00 pm in Faith Hall. Register by calling 563-386-7477 ext. 226 (10-2 M-F).

## Time to sign up and write for the Lenten Devotional!

Whether you've never tried it before or you've been writing faithfully for years, you're invited to write a short devotional for our annual Lenten devotional. This year, our theme is "2020 Christian Vision," You'll choose a Scripture passage for a particular day and be responsible to write about four paragraphs from your own insights and experiences, to help members of our congregation in their spiritual lives during Lent. Those who are first to sign up get the first pick of Scripture passages! Deadline for devotionals is January 15. Please email Jane Bahls, [janebahls@aol.com](mailto:janebahls@aol.com), to sign up.

**Book Clubs** – Trinity has two book clubs that always welcome new members. Both groups meet in the Lounge.

**TLC Book Club** – January 21<sup>st</sup> at noon. "*The Ragged Edge of Night*" by Olivia Hawker lead by Judy Rullman; February 18<sup>th</sup> at noon. "*The Great Alone*" by Kristin Hannah lead by Jane Bahls

**The Good Book Club** - January 27<sup>th</sup> at 1:30 pm. "*Where the Crawdads Sing*" by Delia Owens lead by Marilyn Rosenberg; February 24<sup>th</sup> at 1:30 pm. "*Educated*" by Tara Westover lead by Carole Bloeser

**Soup for the Soul** – January 25<sup>th</sup> - Women of Trinity - Join us in Founders Hall Kitchen Saturday, January 25 at 9 a.m. to prepare freezer containers of soup for those in need. Supplies will be provided. All ages welcome and no cooking experience necessary!

**Blessed Beginnings Preschool Winterfest January 2020** - Please join our preschoolers (3 - 4-year olds) and their families for food and fellowship on Sunday, January 26, 2020 from 5:00-6:15 pm for dinner in Founders Hall. A free will offering will be accepted. The money received from this dinner will benefit the Alvina Hansen Memorial Scholarship and Educational Resources fund. The Winterfest Children's Program and Service will follow immediately afterward at 6:30 pm in the sanctuary. All are invited.

## **Adult Forums in January: Good Health for the New Year**

It's a new year, and many of us have made resolutions to improve our health. Join us in the Chapel at 10:30 am on Sundays to hear from health professionals in our own congregation and community about ways to do that.

**Jan. 5** - *"Get Along with your Pharmacy"* led by Norallene Able, pharmacy technician at Walgreens.

**Jan. 12** - *"Reflecting on the Art of Living; How to Love Growing Older"*. Lead by Patty Tillman, Trinity's Minister of Health and Wellness, will moderate a panel of Trinity's most mature members: Aileen Day, Mary Kruse and Phyllis Sinksen.

**Jan 19** - (Tentative) *"Brain Health: Keeping Your Mind Active"* led by Abbey Roodhouse, Director of the Blackhawk College PACE program.

**Jan 26** - *"Good Advice from a Nurse"* led by Gail Hess, RN . We will learn the importance of keeping your medication list up to date and other tips for healthy living, as well as how the field of nursing has changed over the years.

**Lunch Bunch** – There will be no meeting in January. February's meeting is February 5<sup>th</sup> at 11:30 am in Faith Hall. Gretchen and Al Reagan present "Bavarian Adventure". Menu: roasted pork in Au Jus, applesauce, au gratin potatoes, glazed baby carrots, cherry fluff. Tickets are \$10 and will be on sale in Founders Hall during fellowship on January 26<sup>th</sup> and February 2<sup>nd</sup> or call Marilyn Harter, 309-230-5951.

**Spiritual Retreat** - Save the date of February 15, 2020 to attend a spiritual retreat, "Boundless Compassion as a Way of Life" at Benet House Retreat Center, Rock Island. Sister Bobbi Bussan, director of Benet House, will lead from 9:00 am to noon. This retreat will offer practical approaches to changing hearts and reflecting compassion in our lives.

## **First Official Newsletter from Daudi Msseemaa, new ELCA Regional Rep for East Africa**

In 2020 Trinity will start its support of Daudi [David] Msseemaa's work as an ELCA missionary. Trinity has long supported the ELCA work in Tanzania, funding Missionaries Dr. Mark Jacobson, Dr. Steve and Bethany Friberg, and the Stubbs family. Trinity has also sent endowment funds to the Arusha Lutheran Medical Centre, Selian Hospital, and the Plaster House.

For more information about ELCA and Companion Synods in East Africa click on the following link <http://bit.ly/2raqPZW>

## **Mark your Calendar**

**Sunday, February 16<sup>th</sup>** – Family Early Mardi Gras and Sundaes & Sardines at 4:00 pm in Founders Hall

**Sunday, February 23<sup>rd</sup>** – Global Mission Sunday

**Wednesday, February 26<sup>th</sup>** – Ash Wednesday worship services at 12:00 noon and 6:30 pm

**Saturday, February 29<sup>th</sup>** – WELCA Lenten Brunch with program at 9:00 am in Founders Hall

Check the Trinity website at [www.tlcmoline.org](http://www.tlcmoline.org) for continued information and updates on these and other events.

**NEW YEAR'S RESOLUTIONS** - Why not make a New Year's Resolution for your faith? Pick one of the 5 Ts – Time, Talent, Treasure, Testimony, and Temple – and see what you can do to go deeper in that area, to grow your faith and commitment to Jesus in 2020. Give one or two more hours each month to share your faith; Use a gift that you have to serve Trinity's needs; Increase your financial commitment by \$10 or \$20 each month, or make a planned gift through your estate, insurance or will; invite someone to church each month; or Take care of yourself to honor God's greatest gift – YOU! Whatever you choose, make 2020 a year when you have "2020 Vision" about your responses to all that Jesus has done.