

TRINITY.....



WE CONGRATULATE

Amy Trieger; who was selected by her school counselor to be honored as the Elks Student of the Month from San Marcos High School. An award dinner for Amy and the Students of the Month from other high schools will be held on Tuesday, March 10. All are welcome to attend. For more information please contact Kim Bish.

WE MOURN WITH

Friends and family of Jim Nash who passed away on February 18 in San Diego. A service, officiated by Pastor Truls, took place at Welch-Ryce-Haider on February 23.

We keep in our prayers: Karen Wilson, Bruce Rice, Paul Griffith, Larry Hammett, Rudy Geyling, Jean Appel, Laurie Owens (sister-in-law of Mike and Lorna Owens), Howard Faul (step-father of Mike Owens), Harry Kreitzer, Jane Poythress, David Trichler, Val Oquist, Hal Oquist, Joshua Allen (grandson of Mark & Trudy Allen), Helen Seyfried, Ernie Ranum, Roland Burkhardt, Gary Brusse, Hans Steenstrup and Chris Morrisset.



There is a sign-up sheet at the Welcome Center for those who would like to order the new Lutheran Study Bible, scheduled to come out on March 1st. The cost is \$26 for a hard-cover edition and \$19.00 for a paper-back (These costs are based on the plan that we will be ordering at lease 10 of each). We will place one large order at the end of March so shipping will be free. We are asking that all orders be paid for before we place the order with Augsburg Fortress.

A sample copy should be arriving in the office soon so you can look it over before purchasing it.

MARCH ANNIVERSARIES



Leif & Kathy Raschka	6	Norman & Joanne Tveidt	20
Richard & Nancy Graham	7	Gary & June Brusse	21
John & Helen Rydell	9	Jerry & Barbara Griffith	21
Richard & Carol Rodseth	12	Steven & Anna Tetherow	21
Ken & Margaret Siegele	16	Richard & Carla Church	25
Bob & Jane Atwater	17		

Please call the office with any corrections or additions to this list.

APRIL ANNIVERSARIES



Larry & Astrid Hammett	2	Keith & Dorothy Munding	14
Hal & Val Oquist	2	Ray & Connie Duarte	17
Robert & Janet Seiler	10	Bennie & Kathy Olson	18
Marshall & Nancy Sittig	10	Eli & Flora Tarziu	23

Please call the office with any corrections or additions to this list.

READING IN WORSHIP IN MARCH

ALTAR GUILD: Dale Oftebro & Shirley Landru

READERS	8:00 AM	10:30AM
First Sunday	Laurie Richardson & Henry Sarria	Mark & Diana D'Evelyn
Second Sunday	Mike Bailey	Dennis Lewis
Third Sunday	Tom Brooks	Jane Maddalon
Fourth Sunday	John Santrizos	Bob & Lynn Burtness
Fifth Sunday	John Rydell	Peggy Morin

COMMUNION ASSISTANTS

	8:00 AM	10:30 AM
First Sunday	Kim Bish	Barbara Griffith
Second Sunday	Kim Bish	Betty Lewis
Third Sunday	Kim Bish	
Fourth Sunday	Kim Bish	
Fifth Sunday	Kim Bish	Jane Maddalon

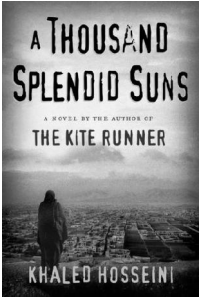
GUEST TABLE

	8:00 AM	10:30 AM
First Sunday		Ron & Dale Oftebro
Second Sunday		Ruthe Anderson
Third Sunday	Kathy Raschka	Nan Burns & Greg Dahlin
Fourth Sunday		Einar Hovind
Fifth Sunday		Marilyn Reginato

TRANSITION HOUSE NEWS



We served the guests a dinner of pot roast, baked potatoes, green beans, green salad and cupcakes. We also provided meat, cheese, peanut butter and jelly, drinks, chips and cookies for the next day's lunches. Contributions were made by **Judi Brooks, Dorothy Burkhart, Jane Maddalon, June Brusse, Cindie Trieger, Nan Burns, Martin Halseth, Kathy Olson, Ellen Ahlers, Nancy Sittig, and Betty Lewis**. Servers from Trinity were **Martin Halseth, Dorothy Burkhart, Jean Wollenberg and Phyllis Bruno (from Valle Verde)**.



The next Bookbinders meeting will be Sunday, March 29 at 4:00 PM at the home of Jane Huhn, 1348 Crestline Drive. We will discuss *A Thousand Splendid Suns* by Khaled Hosseini. Hosseini's first novel, *The Kite Runner* was a huge best seller. Whereas *The Kite Runner* focused on fathers and sons and friendships between men, *A Thousand Splendid Suns* focuses on mothers and daughters and friendships between women. If this book sounds interesting to you, please plan to join us on March 29.

January Finances			
January income:	\$39,183.26	YTD income:	\$248,103.42
January expenses:	\$43,772.29	YTD expenses:	\$318,850.32
Net Loss:	\$4,589.03	Net loss:	\$70,746.90

Responding to God's Blessings

In the January Tidings, Bob Huhn wrote a beautiful article highlighting his conviction that sharing our gift of time is how we thank God for giving it to us in the first place! So how can we show God exactly how grateful we are for that gift? Let's look at **time** as an opportunity to share our unique gifts with others. I'd like to mention several ideas for sharing our gifts at church.

Maybe you like greeting and welcoming people as they come to church. This is my personal favorite. Bringing people with you to church is even better! Have you asked your friends and neighbors if they would like to join you? Maybe people who are new to the congregation would feel more comfortable with you as their "sponsor". Staying by their side for maybe the first month or two might make them feel more secure. Praying for them is important, too.

Cindie Trieger, our church secretary, can use help to coordinate volunteers. Our Ministry Team can use help tracking attendance. Maybe you're a computer techie. Your skills could help our office computers run smoothly. Coordinating our upcoming photo directory could be loads of fun!

Sharon Troll, our parish nurse, can use Care Ministry assistance. Providing transportation for some of our seniors is a priority. Rides to doctors' appointments and to church on Sundays would be so much appreciated. Do you know who these people are who need rides? Maybe they live close to you! Sharon can always use help in the kitchen with the senior lunches once a month. Talk to Sharon; let's give her a hand!

I know that Phil Wilson, our music director, would welcome more voices in the choir. Maybe you play an instrument. Our new Sunday evening worship could use your musical gifts.

The opportunities to serve go on and on in the church, not to mention the rest of the world! But the real issue is this: how do we respond to God's blessings? Do we have **time** to respond?

It's easy to become complacent and think that we're just too busy or too tired to help out. I know that one only too well! But God is never too busy or too tired to help us. God will never give us more than we can handle and will always be by our side. Let's show God how grateful we are!

Kathy Person

THERAN CHURCH, SANTA BARBARA: THE “CHURCH OF THE LIGHTED LAMPS?”

“If someone doesn’t come we all feel it. The church is darker by one lantern.”

Outside a village church in Switzerland one cold winter night a tired man waited for the evening service to begin. He has come a long way, and the church was dark. He began to wonder if any service was planned – despite the ringing of the bells that had lured him there.

But then through the forest he saw pinpricks of light bobbing and moving toward him. The congregation was assembling, each group carrying its own lighted lantern. After a few had arrived, the weary man followed them and sank down on a pew in the shadowy church. As more and more people came in, each hanging his lantern on an iron hook in the wall, the shadows retreated and the church began to glow with light.

After the service the traveler stopped to ask the pastor about this unique method of illuminating the church.

“But it is the only means we have, *monsieur*,” the clergyman replied. “In the 1500’s when many of these churches were built, it was too costly for the church to supply candles. It was usual for each family to carry a lantern. Our church has chosen to carry on this old custom. If someone does not come, we all feel it. The church is darker by one lantern.” He paused and looked sharply at the visitor. Then he added, “We are called the Church of the Lighted Lamps.”

The traveler thanked his host and went away, knowing at last what he must do to regain his joy in living. He had to carry his own lamp.

In the 30 or 40 years since I first heard it, that story has more than once rekindled my own lantern. Last year I could not stand it any longer: I had to know if it was true. I wrote to a total stranger in Switzerland, a clergyman and editor. He replied that the story was true – though, of course, he could not vouch for the traveler. He said the village churches were electrified now, but a few were not electrified in the 1930s and 0940s; the iron hooks can still be seen in the walls.

(“Christmas has a secret”, Michael Drury Augsburg Christmas Vol. 50, 1980)
Submitted by Susan Malde

**MARTHA SANTRIZOS AT PACIFIC LUTHERAN
THEOLOGICAL SEMINARY**

Greetings Members of Trinity,

I can hardly believe I have finished my first semester at PLTS. The time went by so quickly. I breathed a sigh of relief as I finished my last final. Then I drove back for the holidays. Some students tried to make me believe they missed the snow. I am learning what it means to say. "It's good to be home." I truly needed the break and John was more than willing to let me watch some football with him.

I think that I am starting to find some rhythm and pattern for studying. I still find that I need to allot plenty of time for reading everyday. My study goal is never to get behind on the assigned readings. The mystery yet to be solved is how all professors select the same time for papers to be due.

This January I enrolled in two short classes (one week each). One was "Addictions, 12-Steps and the Church". The other is "Bonhoeffer and South Africa". I also attended an all day seminar held at PLTS entitled "Caring for Returning Veterans". Besides the great learning opportunity, I also met so many interesting people who work with our veterans on a daily basis in different capacities.

When the Spring Term starts, I will start a three semester Teaching Parish Course. I have been assigned to Resurrection Lutheran Church in Oakland. Students spend 6-8 hrs. a week at their sites. It is a time of practical work with congregations. Pastor Lucy Kolin is having me start off by getting to know the people of the congregation. I will also have a committee to work with me. We will be negotiating my responsibilities and direction in the weeks and months ahead. Of course, I will have other classes as well.

Thank you for your continued support and prayers.

Peace,
Martha Santrizos

The Halo Chronicles Little Angels Preschool March 2009

The Ladybug class (2-3 year olds) has been occupied making Valentine decorations in preparing for the fun-filled day. They were able to share Valentine cards with friends at the class party and brought home beautiful cards for their families. The children are spending a majority of the month learning about colors and shapes. The classroom is decorated with various shapes and each child is working one on one with a teacher to make their very own color and shape book.

The Bumblebee class (3-4 year olds) has also made beautiful Valentine decorations and was able to share cards with friends at the class party. February brings the Bumblebee class into the world of dinosaurs, reptiles, and amphibians. The room looks wonderful with all of the children's artwork that displays how much they are learning each day about the new theme. The children always seem to love this unit and are engrossed learning all that they can about reptiles, amphibians, and the dinosaurs of long ago. They even got to be archeologists digging for dinosaur fossils.

The Butterfly class (4-5 year olds) enjoyed a Valentine party of their own that was a big hit with everyone. They worked hard on preparing Valentines and thoroughly enjoyed giving and receiving them as tokens of love and kindness. The students continue work with the alphabet and are also learning about Space including our solar system. The Children are planning to become astronauts on their mission to space in the wonderful spaceship they made.

Little Angels is making great strides in gathering talents and combining ideas for our fifth annual Spring Carnival. The school fundraiser will be held on Saturday, April 25th from 11:00 am till 2:00 pm. We are looking for auction items as well as various other ideas and donations to insure a great turnout and success for our school!

THANK YOU

Andrea and I would like to thank you for your continued financial support, not only in your continued giving that pays my salary (and that of our staff), but for the Endowment Committee that has been so gracious in supporting my pursuit of a Masters in Education. The past year or so has seen some tremendous financial leaps of faith for us, and God has shown up wearing the face of TELCSB many times.

Thanks again,

Rich Lashua

Thanks again to the great friends at Trinity whose prayers have brought me through another surgery. A special thanks to Pastor Truls for the nice visit and for bringing communion to my home. Thanks also to Bill & Dana Noyes for sitting in the waiting room at the hospital. I just have to quit falling and breaking bones.

Helen Seyfried.

My thanks to all who helped provide dinner to the St. Olaf band on February 5. The kids were most appreciative. What a talented bunch they are; not only do they play an instrument, but they also sang beautifully. Those of us who were able to attend the concert were wonderfully entertained. Thank you to **Einar & Elaine Hovind, Kathy Olson, Pat & Fred Heidner, Jerry & Barbara Griffith, Diana D'Evelyn, Linda Vogel, Stephan Weeks, Debbie Oquist, Amy & Jack Trieger and Truls & Kathy Person** for helping to make this event a success.

Cindie Trieger

March Musings from Rich

We are now entering into Lent, a time often promoted as one of reflection, sacrifice, meditation, listening, and waiting. It seems even more difficult these days to work into our lives more time for Lenten services, Ash Wednesday, Holy Week, and so on.

I assure you, it's worth the sacrifice. As the world continues to bray about crises of wealth, war, and wonder, the need for a God-centered life becomes apparent. We, the staff at Trinity, had the privilege of reading a great book recently which examined the advantages of having a God-centered life as opposed to the supposed "balanced" life so many self-help gurus tend to proclaim. We can't possibly balance everything, and we were never meant to. This would require a world that does not and cannot rest; yet God specifically designed and commanded us to rest weekly!

The world will continue without us. Without you. That is one sobering reality that makes our own mortality tough to face at times. It could be said that the Christian church as a whole has been struggling to come to terms without the physical presence of Jesus for over two thousand years now. Yet even Jesus himself recognized the importance of taking time to get away and pray, listening for his Father's voice.

Take that time this season. Everything demanding your attention will be waiting for you when you get back. Fill up your God tank for now, and see what happens.

There are Tuesday night Lenten services at Christ Lutheran Church at 7PM, Wednesday night Lenten services at Trinity at 7PM, and a new shortened worship service at Trinity on Sunday nights at 6PM. There are more options than ever for times and places to gather, pause, and reflect. *Selah.*

In Mark's gospel it says that Jesus was "led by the Spirit into the wilderness." Get out of what's comfortable, take time to deprive yourself of all else save God; make the main thing the main thing.

God's waiting.

Shalom,
Rich Lashua
Director of Youth and Family Ministry

Notes from the SALT Shaker

SALT (Serving as Lutherans Together) continues to do just that – bring us together. We enjoyed two opportunities for worshipping together on Ash Wednesday. An 11 AM service followed by a simple soup and bread lunch was held at Trinity and a traditional Ash Wednesday service was held at Grace in the evening. The Good Friday Service will take place at Christ Lutheran, Goleta on Friday, April 10.

There are more opportunities to share our interests and strengthen our ties. Christ Lutheran started the New Year with a health and fitness program that meets weekly on Monday from 3 – 4:30 PM in Christ’s Fellowship Hall, except for a break during Holy Week. This group is open to all SALT members with a focus on healthy living – spiritually and physically. Contact Jan at the church office – 964-2267.

Consider joining Trinity’s Midweek Walkers for a new adventure every Tuesday morning. Dennis Lewis is the leader and “chief explorer”, plotting new territory in Santa Barbara to explore each week. The group begins and ends the walk at a different coffee shop each week with time for food and fellowship after the walk. They meet at 9 AM each Tuesday, walk for about an hour and are on their way home between 10:30 and 10:45. Contact Dennis or Betty Lou at 569-8846 for details.



THANK YOU TO ALL WHO HAVE SO GRACIOUSLY CONTRIBUTED TO THE HARRY KREITZER FUND. As of today (March 2) we have collected \$3353.05 in the Sunday offerings and \$3942.00 at the luncheon on March 1. We will continue to accept donations until March 8. Thrivent will be matching at least \$1600.00 of this amount.

Immigration and immigrants were the focus of the February 22 meeting of the Social Justice Discussion and Action Group. Through the evening meeting we discovered answers to any number of interesting facts about immigrants in the United States. Some examples: Did you know that undocumented workers in the United States pay billions of dollars in federal taxes each year? Did you know that undocumented immigrants are restricted from collecting welfare? Were you aware that the cost of educating the children of undocumented immigrants in California runs into the billions of dollars? Lots of interesting surprises!

We continue to monitor the situation at the Food Pantry at Grace Lutheran Church. On a typical Saturday the pantry distributes food to recipients whose number currently exceeds 80 people! The Social Justice Group is concerned about the costs that Grace Lutheran must bear to sustain the program, as well as new Food Bank rules that will make it harder for Grace to operate its Saturday morning pantry. Also, it has come to our attention that the Food Pantry at Grace might become a SALT project for the three congregations. More on this in the future.

Know that you are welcome to join the Social Justice Discussion and Action Group as we study and act on issues of fair and just treatment for all people in the Santa Barbara area. We meet on the last Sunday of the month in the Fireside Room at 7:00 PM.

SPECIAL GUEST ON SUNDAY, MARCH 15

Pastor Andrea DeGroot-Nesdahl, Coordinator of the *Lutheran Malaria Initiative*, will preach at our 8:00 and 10:30 worship services on March 15 and lead our 9:15 Adult Formulation of Faith time. Pastor Andrea was formerly the bishop of the South Dakota Synod of the ELCA. She will be the keynote speaker for our synod's hunger event centering around diseases of poverty on March 14 in Glendale.

MEMBERSHIP MUSINGS

GOOD NEWS! Our church family has grown once again. Yes, on March 1, six individuals came forward to request membership in our congregation. They are Lisa Sobczak, Erik Karlson, Christy Henzler, Sonya Hall, and Ed and Marcia Lenvik. You'll see their photos along with information about them on the Narthex bulletin board (left side as you enter the sanctuary).

The MIDWEEK WALKERS continue to make tracks on the sidewalks of Santa Barbara. On our latest walk, along the coastline toward Leadbetter Beach, we had 16 stalwart participants. Of course, some of us diminish the health benefits of our walk when we enjoy a yummy pastry with our coffee afterwards, but it certainly makes the morning enjoyable.

If you've considered walking with us, be sure to join us on March 10. After our walk on that day, we'll take a short drive to the home of Ila Vranish, who has promised us lots of sweet rolls and plenty of hot coffee. Ila's home is on San Antonio Creek Road, with a wonderful view toward the ocean. It's sure to be a memorable morning! By the way, did you know that Ila and her 91- year-old sister Roberta walk with us?

Last of all, a short reminder that it is so important that all of us become acquainted with our new members. We want them to truly become part of our congregation: that will happen only when we all make a sincere effort to welcome them and include them in our church activities.



NEW EVENING WORSHIP SERVICE – Sundays, 6:00 – 6:30 p.m.

Are you or your friends looking for an evening worship time? Are you sometimes away over the weekend? Please join us for worship on Sunday evenings in the Chapel! We're also offering a small group opportunity after the worship service. Please join us!

WEDNESDAY SERIES – March 4 through April 1



“Finding Hope in the Cross of Christ”
7:00 p.m. in the Chapel

Each Wednesday, hear a fellow Trinity member tell about the role of hope in his or her life.

Join in the *Holden Evening Prayer* liturgy and depart in peace, refreshed.

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Daylight Savings Time begins at 2:00 am on Sunday, March 8. Be sure to set your clocks **AHEAD ONE HOUR** when you go to bed on Saturday night, March 7. If you forget, you'll be late to church!



If you are unable to attend church services and would like a tape of the service mailed to your home, please contact Cindie Trieger in the church office. The ladies of the Thursday Morning Bible Study Group would like to see our tape ministry grow and have volunteered to address the envelopes and make copies of the tape each week for anyone interested. We can

send a tape to you every week, or just once in a while when you miss a service. If you need a tape player, please let us know that too and one can be provided for your use.



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L E N T



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Healthful News



Sharon Troll RN Parish Nurse

March 2009

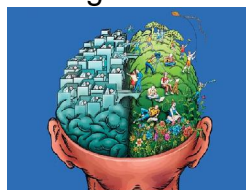
ADHD

Recently reading the February issue of WebMD I scanned through an article on Attention Deficit /Hyperactivity Disorder. I reflected back thinking about my child and how the diagnosis of Attention Deficit Disorder changed our family's life. In my child's early years I knew there was a problem. However, the information, therapy, testing, and treatment of today was limited or unavailable.



I felt like a pioneer in search of supportive programs, skilled teachers, and behavioral therapists that had the knowledge, patience, understanding, and the skill set to assist my child and our family. In 1980 American Psychiatric Association first used the term "Attention Deficit Disorder" as an official diagnosis. In 1987 they grouped the title into "Attention Deficit/Hyperactivity Disorder. Today it is listed in the DSM-IV, the diagnostic manual of the American Psychiatric Association. This book describes the diagnostic criteria needed to make the diagnosis for ADHD.

Forget your computer! The human brain is the best organized and highest functioning mass in the universe. It weighs about three pounds, it is about 2-millimeters thick and has over one trillion brain cells. Daniel Amen, Assistant Clinical Professor of Psychiatry and Human Behavior at the University of California and Director of the Amen Clinics Inc. states, "EVERYTHING starts and ends in your mind. How your mind works



determines: how happy you are, how successful you feel, how much time you perceive that you have and how well you interact with other people. The patterns of your mind encourage you toward success or drive you to failure." His research especially into applying brain imaging science into clinical practice is well documented for ADHD. Thanks to his brain research on ADHD and other disorders we now can visually see how the ADHD brain differs. He has further



types of ADHD with different treatments for each one.

His current book, "Magnificent Mind at Any Age," was recently on the 2008 New York Bestseller list.

Web MD states, there are currently about 4.4 million youths ages 4-17 that have been diagnosed with ADHD. The cause of ADHD is unknown. However, it is known to run in families. Symptoms usually start before age seven and can (but do not always) last into adulthood. ADHD is characterized by a short attention span, distractibility, forgetfulness, frustration with things that require sustained mental effort, oppositional behavior, impulse control, and disorganization. To understand it more simply, the ADHD brain is wired differently and the brain cells communicate differently due to the way the chemicals (neurotransmitters) are used. So when someone tries to perform tasks requiring attention, judgment, prioritization, the brain tunes out due to the overload and as a result you see the inattentiveness, restlessness, and impulsiveness take over. Left untreated it can lead to poor self esteem, school underachievement, relationship difficulty, family disruption, drug abuse and legal difficulty.

Now twenty-five years later my child is knowledgeable about ADHD, drug therapies, and treatment. In fact my child could probably teach on the subject full time. Being older helps a person understand their strengths and weaknesses and when you live with ADHD these become very clear. I encourage my child to work towards the self-improvement goals she has set for herself. A good team of medical professionals, counselors, and educational therapists does help. Whether you have a child or grandchildren with ADHD, life is more of a challenge. People with ADHD need to learn to advocate for themselves. As I look back on all we've been through, the journey, like all journeys, has its challenging times and its joyful moments. With prayerful guidance, the support of many friends, and the ability of our minds to recall the joyful moments of triumph, together make the bumpy road so worth the journey.



Blessings, Sharon



Care Ministers

*Next Meeting April 7th
4PM Church Library
(No meeting in March)*



March Senior Luncheon Thursday March 12, 2009

10:30 Exercise

11:00 Program

**“The Lenten Journey”
with**

Pastor Truls

12:00 Lunch

Cost: \$6.00

