

FAMILY NEWS AT TRINITY.....

IN THE NEWS

Mark Weeks was pictured in the *News Press* trimming a tree that had fallen, partially blocking the 200 block of West Yanonali. Traffic was held up until Mark was able to trim the tree back.



WE CONGRATULATE

Amber Sims and Andreas Hinterplattner were married on September 20 at Alice Keck Park Memorials Gardens. An earlier ceremony took place on August 9 near Vienna, Austria, where the groom's parents reside. Amber is the daughter of **Judy and Harry Sims**

Kyle Brooks and Johanna Hartings were married in Piqua, Ohio on October 18. Joanna and Kyle met at Yale in the Physician Assistant program. They are now living outside of Phoenix, AZ where Kyle is a PA in Orthopedic surgery and Johanna is a PA in Pediatrics. Kyle is the son of **Tom and Judi Brooks**.

Mark & Diana D'Evelyn are pleased to announce the birth of granddaughter **Maya Rose Conlon** on October 12. Proud parents are Mark & Diana's daughter **Katie** and son-in-law **Josh Conlon**.

Kayleen Asbo, daughter of Kim Bish and Oranne Lee, is starting a PhD program in Medieval History and on October 4 gave a lecture on the life of St. Francis at the Church of the Incarnation in Santa Rosa, assisted by an historical photography display in Italy by her husband Magnus. Kayleen has a degree in Developmental Psychology from Mills College and received a Masters in Music (Piano) from the San Francisco Conservatory of Music where she currently teaches graduate level classes on how to teach music to young children. She also leads 3 and 5 day retreats for Grace Cathedral Church in San Francisco at their Bishop Ranch in Healdsburg, CA.

The Hoefer family on the death of **Lois** on October 16. Lois has been a member at Trinity since 1958. A memorial service was held here on October 26.

Eleanor Alexander and family on the sudden death of her husband, Alec Alexander while they were vacationing. A memorial service was held at the University Club at UCSB, where Alec had been a professor of economics for over 30 years.

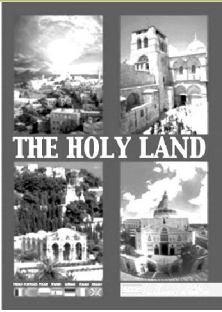
Evelyn Tetherow and family on the death of Evelyn's sister, **Myrtle Wick** on October 18 in Fargo, North Dakota.

We keep in our prayers: Naomi Grant, Gordon Lobnitz, Joan Petersen, Ada Luedke, Mary Turner, Rudy Geyling, Larry Hammett, Paul Griffith, Harry Kreitzer.

The next Bookbinders meeting will be Sunday, November 16 at 4:00 PM. The location has yet to be decided. Since October's meeting was cancelled, we will discuss *A Thousand Splendid Suns* by Khaled Hosseini this time. 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 November 16.



A SERVICE OF PRAYERS FOR HEALING will take place at 11:15 a.m. on Thursday, November 6 in the Chapel. The Senior Fellowship Luncheon will follow at noon. This peaceful service includes Holy Communion and the opportunity to be prayed for individually. Please consider inviting and attending with friends and neighbors who are in need of comfort and healing.



JOURNEY TO THE HOLY LAND – This 10-day trip departs Wednesday, November 4, 2009 for Jerusalem, Galilee, Bethlehem, and Jericho with an available 7-day extension for travel to Cairo and the Route of Exodus. Interested? Join the group at Pastor Russ Gordon’s table at our luncheon following worship on Sunday, November 2. For a brochure detailing the trip, speak with Pastor Truls. Consider joining friends from our local (SALT) Lutheran congregations in this journey of a lifetime!

Thank you all so much for your generous donations of cereal and peanut butter for the Unity Shoppe food drive. We collected about 50 boxes of cereal and 50 jars of peanut butter.



Please tune into “Community Connection” with David Edelman on channel 8 from 7:00-7:30 pm October 27 - November 9 for an inside look at *Food From the Heart*. Learn more about this caring group of volunteers who has been preparing and delivering meals for no

charge for the last 15 years to individuals and families facing a health crisis who do not qualify for other food programs.



Thank you to Dorothy Burkhart, who volunteered to coordinate the Transition House dinner again this month. Dinner on October 20 was spaghetti with meat sauce, green salad, broccoli, garlic bread and cupcakes for dessert. Lunches for the following day were also supplied. Thanks to **Jane Maddalon, Marilyn Reginato, Cindie Trieger, Jean Wollenberg, Beulah Bradley,**

Ellen Ahlers and Betty Lewis for donations of food and money. **John Spiess** and his wife **Mary Post** from Christ Lutheran helped Dorothy serve the meal.

The Halo Chronicles

All of our Little Angels are back to school and enjoying every moment. This is apparent as you walk down the hallway and hear the laughter, questions and buzz in the classrooms.

Little Angels is happy to welcome Miss Sonia in the Ladybug Class (2-3 year olds) as well as a Miss Sonia in the Butterfly Class (4-5 year olds).

The rooms look wonderful and the teachers have much in store for the 2008-2009 year.

In the classes:

- Our Ladybugs (2-3 year olds) are adapting well to their first school experience. They are completing a unit on transportation and have painted and collaged many transportation art projects. They will have their very own “pumpkin patch” at school where they can choose their own pumpkin.
- Our Bumblebees (3-4 year olds) are in full swing learning about cultural diversity. The children have completed a life-size image of themselves, dressed to represent their cultural background. Each child was proud to share their own unique heritage. They too will have their own “pumpkin patch” at school.
- Our Butterflies (4-5 year olds) are facing the excitement of finally being the “upper-classmen” with joy. They were fortunate to take a field trip to Lane Farms this month. They rode on a hay wagon and each child brought home a pumpkin as a special memento of the day.
- Our Back to School Party was Sunday, October 12th at Little Angels. It seemed only natural that we would celebrate the beginning of the year with a potluck on the grassy yard where our children are blessed to spend much of their time. The two bounce houses set-up for the children were an exciting addition to the already fun and challenging yard. The afternoon was a wonderful way for all of our families to start the school year.
- Our “Wine and Chips” soiree/auction was held on October 18th at the lovely home of the Leposavic Family. It was a fun night for all and a great success! Our Little Angel’s parents always enjoy this social event.

NOVEMBER ANNIVERSARIES



Paul & Lydia Perez	4	Stephan & Jean Weeks	24
Steve & Lynn Jones	8	Bill & Nancy Kelly	26
Rolly & Cindy Lokre	21	Seth & Karen Anderson	27
Allen & Laurabel Engler	23	Randy & Sue Douglas	30

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

DECEMBER ANNIVERSARIES



Daniel & Elayne Araujo	9	Mark & Diana D'Evelyn	27
Dan & Bev Thomas	19	Bill & Dana Noyes	29
Bob & Joanne Nelson	23	Charles & Mary Ebeling	31

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

SERVING IN WORSHIP IN NOVEMBER

ALTAR GUILD: Lois Rye and Edythe Smith

READERS

8:00 AM

10:30AM

First Sunday

Second Sunday

Third Sunday

Fourth Sunday

Fifth Sunday

Laurie Richardson & Henry Sarria

Lisa Daniels

Dave Vierra

Jane Maddalon

Ruth Bloch

Joan Petersen

Peggy Morin

COMMUNION ASSISTANTS

8:00 AM

10:30 AM

First Sunday

Second Sunday

Third Sunday

Fourth Sunday

Fifth Sunday

Barbara Griffith

Jane Maddalon

Betty Lewis

GUEST TABLE

First Sunday (9:30 am)

Second Sunday

Third Sunday

Fourth Sunday

Fifth Sunday

Larry & Astie Hammett

10:30 AM

Dennis & Betty Lewis

Marty Appel

Ron & Dale Oftebro

Ruthe Anderson

Kathy Raschka

Thank you so much for all your prayers, cards, calls and memorials. They were a great help through a difficult time

Thanks again and God's blessings,
Beulah Bradley

Trinity Lutheran Church Members and Prayer Tree,

I am so thankful for all your prayers and cards that I received from you during my back surgery and recovery. Each day gets a little better and I am happy to be in church again.

Nan Burns



Our Christmas Tree lot will be opening a week earlier than usual: on Saturday, November 29. Many volunteers are needed for this fantastic and fun event. We need people to work as cashiers, as “tree holders”, “trunk trimmers”, “car loaders” etc. There will be sign-up sheets at the Welcome Center soon. Please stop by and sign up for at least one shift.

THANKSGIVING EVE WORSHIP – 7:00 p.m., Wednesday, November 26 at Trinity. Begin your thanksgiving celebration in church, joining others in offering thanks to God, the source of all blessing! Please share this invitation to worship with visiting family, friends, and neighbors!

Hans Küng, President, Foundation for a Global Ethic, and Emeritus Professor, Ecumenical Theology, University of Tübingen, Germany, will speak at UCSB Campbell Hall at 8:00 p.m., Monday, November 17. Admission is free. Hans Küng is a world renowned theologian, prolific writer, and popular speaker.

MEMBERSHIP MUSINGS

Thirteen and one-half members of Trinity stepped out briskly on the first MIDWEEK WALKERS jaunt through Santa Barbara. (The “one-half”?, you ask!! The Trandems brought their young Airedale, Cooper, on the walk, too!) We were blessed with a great October morning, cool but bright, and it was gratifying to have such a nice group for our first outing. Afterwards, we gathered at the “Coffee Cat” for coffee, juice, or pastry and spent a bit of time visiting.

Remember that the MIDWEEK WALKERS meet every Tuesday morning at 9:00 for a walk through a different part of Santa Barbara. Our route will include a longer walk of 2 miles, with a shorter loop of less than one mile. We plan to begin and end each walk at a coffee shop, with the hope that many of our walkers will be able to spend some time visiting after the walk. It’s a great way to get some exercise, enjoy the cool quiet of Santa Barbara in the morning, and become better acquainted with members of Trinity.

NOTE: Our walk locations will change. Look for information about the starting point of each Tuesday’s walk in the Sunday bulletin. Our Membership Ministry Team was pleased to help out with the Informational Luncheon for prospective new members on October 5, as well as the New Members Sunday on October 12. As you know, Trinity gained 11 new members this month. How great to see the warm greeting you gave to these new members! How good to know that we, at Trinity, realize that all of us are needed to truly welcome and involve new people in the life of our congregation!

The Social Justice Discussion and Action Group will be reading the book *Take This Bread* by Sarah Miles for its November meeting. It is the story of “an unexpected and terribly inconvenient Christian conversion, told by a very unlikely convert. It is not only a spiritual memoir, but a call to action. Buy a book and join us for a good discussion on November 16 at 7:00 pm here at Trinity. Questions? Call Frank Renda at 968-3913.

November 2, 2008

One service only at 9:30 am.

Daylight Savings ends that day too.



Set your clocks **BACK**
one hour when you go to bed on
Saturday night.

Notes in Youth and Family Ministries

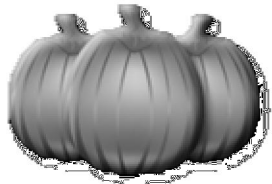


Here are two more tips on getting the whole family out the door on Sunday mornings; last month we talked about the importance of relaxation and work. Here are two for this month:

Work. Help your child follow along in the hymnal, the Bible, and the bulletin, if they can read. Point out what is happening. Sit where they can see. Make Sunday morning a time of togetherness and conversation.

Recall. Talk to your children about worship afterwards. What did they hear or learn? The more worship is a part of your life and attention, the more it will matter to your children.

Families of all ages are invited to join us for our annual Pumpkin Olympics on Sunday, November 2. Meet in the Trinity youth room at 6PM for some messy fun as we play such innovative games as pumpkin shot-put, pumpkin soccer, the great pumpkin toss, and more! We'll conclude with snacks and hot chocolate if the weather is cold enough, and be done by 8PM. This has become a hallmark annual tradition; don't miss it!



Shalom,
Rich Lashua
Director of Youth and Family Ministries



Retreating and moving forward –That is what the SALT (Serving as Lutherans Together) leadership team did in October. We met for study, prayer, brainstorming and planning October 4 at First Congregational Church. Attending from Christ were Frank Renda, John Spiess and Russ Gordon; from Grace, Lynn Bruer, Judy Nybakken and Pat Wheatley; from Trinity, Truls Person, Art Kvass, Joanne Nelson and Judy Sims. Darcy Jensen represented campus ministry and Bruce Wollenberg served as facilitator.

The retreat began with a service of Morning Prayer, followed by Bible study. Exploring texts from Exodus, John and Revelation, participants noted the essentially missionary character of God and the church and considered how, Serving as Lutherans Together, we can embody, proclaim, offer and live within the coming new reality that is God’s transforming kingdom.

We discussed the SALT process to date - the perception of SALT in our churches and of the need for doable goals and concrete action. The joy of joint worship was lifted up, as to break through entrenched patterns and non-missional thinking. It was agreed that we must act in a timely fashion before a crisis forecloses options.

Continuing and planned projects were noted:

- Joint worship, discussion and lunch at Trinity November 2 with Bishop Dean W. Nelson preaching
- Christ and Trinity cooperating on Confirmation and youth ministry
- Future joint meetings of councils and SALT leadership for mutual encouragement and exchange of ideas. We are *one* church with *four* expressions.
- Working together to consider the “first language of faith” with the ELCA’s major “Bible, Book of Faith” initiative, including hosting the national director of the initiative, Professor Diane Jacobsen of Luther Seminary.

The retreat concluded with prayer and song.



BOOK OF FAITH

The Book of Faith initiative is a major effort of the ELCA “to invite and enable the whole church to become more fluent in the first language of faith, the language of Scripture, in order that we might live into our calling as a people renewed, enlivened, empowered, and sent by the Word.” The BoF initiative has been embraced by SALT (Serving As Lutherans Together) as one of the first joint projects between our local congregations, and Trinity’s Church Council gave it a ringing endorsement at its meeting on October 14.

Let’s face it: many of us don’t know our Bibles very well. This is becoming more and more of a problem, as fewer people within our congregations and within the communities in which we serve are knowledgeable in the language of faith. And even for those of us who were raised in the church, if our education about the Bible ended when we were confirmed, our knowledge probably isn’t very deep!

The Bible is central to the faith of all Christians. The language of the Bible shapes how we think and speak about God, about the world, and about ourselves. We become renewed, enlivened, and empowered as the language of Scripture forms and shapes our hearts, our minds, and our mission to our community and the world.

Help is on the way! The ELCA has produced two new resources (see below) to better empower us to understand and be enriched and empowered by studying the Bible together. More resources, including the first-ever Lutheran Study Bible, will be available in Spring 2009. These resources address head-on many of the barriers that

separate us from a closer connection to God’s Word, and will strengthen our congregations’ ministries as we seek to be more missional and outreach-oriented.

In January, Pastors Truls Person, Lynn Bruer, and Russ Gordon, from Trinity, Grace, and Christ Lutheran churches, respectively, will lead a study entitled “Rediscovering the Book of Faith” in round-robin style at each congregation. “Rediscovering” explores how the Bible came to be our Book of Faith, with sessions on the Old Testament, the New Testament, and translations of the Bible.

In February, Dr. Diane Jacobson, Professor of Old Testament at Luther Seminary and Director of the Book of Faith Initiative for the ELCA, will visit Santa Barbara to lead a Saturday retreat to kick off a study entitled “Opening the Book of Faith” “Opening” provides perspectives on what the Bible is, how Lutherans and other Christians view the Bible, and how we as followers of Jesus can read and study the Bible. After exploring the “toolkit,” we will gain familiarity with the tools in four small group Bible studies led by members of Christ, Grace and Trinity. Our hope is that many or most of the small groups will include participants from each of the SALT congregations.

We need help from all of you to make this initiative a success! Look for signups and further information over the next month, and prayerfully consider whether God may be calling you to participate or perhaps serve as a small group leader.

Open Scripture...Join the Conversation!

Mark D’Evelyn, Book of Faith Team Co-Chair



Diabetes Becomes a Blessing



My girlfriend Mary became a diabetic at the age of thirteen most probably due to genetics. Her uncle was diabetic. Today at fifty-seven, being a type 1 diabetic causes her to think a lot more about the choices she makes throughout her day. She is raising a beautiful daughter in high school and married to a wonderful guy who makes us all laugh. Multiple daily finger sticks allow her to fine tune the insulin pump she wears 24/7. She now has a catheter that she inserts under her skin that constantly feeds a basal rate of insulin into her system. This is because her pancreas no longer produces insulin. She loves and appreciates the wonder of medicine and how her lifestyle has more freedom and flexibility with her new insulin pump. Years ago she carried insulin, syringes, alcohol, bandaids. She constantly worried about keeping her medication refrigerated. In addition she dealt a lot more with escalating and decelerating blood sugar levels throughout the day and kept her one touch (blood sugar testing device) by her side.

As we stop for lunch after exercising, she calculates the calories burned, the carbohydrates on the lunch menu, and her current blood sugar reading. She amazes me at how she is so accurate and on target with knowing her blood sugar levels. However, every once in a while she struggles with her blood sugars dropping. Her symptoms of low blood sugar (hypoglycemia) are more pronounced now since she has aged, and so her husband is also on the look out for mood changes, such as irritability, anxiety, restlessness, anger along with confusion, weakness, blurred vision, fatigue, and poor coordination. With her insulin pump she worries less about her blood sugars dropping than she used to.

We sit and talk about how, in the United States, pre-diabetes is on the rise with 54 million Americans now diagnosed, according to the American Diabetes Association. In fact pre-diabetes is likely to become type 2 diabetes in as little as 10 years without intervention. A simple blood test can alert an individual to changes occurring. Normal fasting blood glucose is below 100 mg/dl. A person with pre-diabetes has a fasting blood glucose level between 100 and 125 mg/dl. If the blood glucose level rises to 126 mg/dl or above, a person has diabetes.



ses by wavering blood sugar levels affecting the heart and circulatory system may already be starting without one's knowledge. In pre-diabetes your blood sugar levels rise but do not rise sharp enough to be classified as full on diabetes. She reflects on how she wishes she could educate more young and older people on taking better care of their health. At 57 years she has already had a cardiac stent placed along with vision and retinal problems. There are a lot of things people can do to control pre-diabetes through diet and exercise alone. Losing 5-10% of your body weight along with exercising 30 minutes a day can help to reverse the course.

Many people walk around day after day and have no idea that they even have pre-diabetes. That may be because they have no symptoms. Others start to notice an unusual thirst, a frequent desire to urinate, blurred vision, or a feeling of being tired most of the time for no apparent reason, but don't correlate it with diabetes. Mary stresses the importance of you listening to your body. When eating with or without diabetes, portion control and meal planning are crucial. The typical diabetic diet contains many low-glycemic foods that provide energy without wreaking havoc on blood sugar levels. With Thanksgiving around the corner she loves turkey breast because it has a very small amount of fat in it and no carbohydrates or sugars. Ham and its glazes contain a lot more sugar. Making green vegetables the majority of your sides will help you limit your carbohydrate consumption, in turn keeping your blood sugar levels stable. Also waiting before eating dessert stops those unwanted calories and you may find you don't need it after all. She follows dinner with a brisk walk that helps increase her body's metabolism and starts to burn off those calories.

What I loved most of all about our lunch was her positive attitude about living with diabetes and her taking responsibility for her self care for over forty-four years. She is committed to having a full life. In fact she was able to have her first child at forty-one due to advances in diabetic research and education. She said, "I have been blessed in so many ways with my diabetes. Everyone that has come into my life because of my diabetes has made my life healthier and richer! Now it is my turn to give back and share my knowledge with others."

Blessings,

Sharon

Senior Expo

November 6 - 9AM

Earl Warren Showgrounds

Flu Shots & lunch for \$5

Flu Shots 2008:

Are available at Sansum Clinic, Longs, Walgreen's, SB Public Health Department, & MD offices. Check your Newspaper or the Health Board in the FP workroom for a schedule that is convenient for you. Sansum will *not* be providing First Presbyterian with vaccine this year.

November Senior Luncheon

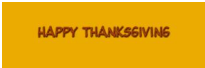
Thursday November 6th (1 week earlier)

10:30 Exercise with Doris

11:15 Healing Prayer Service

With Pastor Truls

12:00 Lunch



A Special Thank You

*To everyone who donated towels,
linens, blankets, toilette articles, to the
RV Safe Parking Program.*

Dear Friends in Christ,

We need each other. Have you experienced it the way I have? Sometimes I need to be *challenged* by God's Word and other times I need to be *comforted*. In either case, God's Word impacts me differently when it comes through the heart, mind, and words of a brother or sister in the faith. When someone looks me in the eye and speaks God's Word to me, it comes from outside of me. I didn't imagine it. I didn't create it.

We need each other. The reformers taught that the Holy Spirit works through external means—words, water, bread, wine, and other people. We meet Christ in the very ones God has joined to Christ through water and the Word. In the Body of Christ, we are surrounded by others who share our amazing, royal calling!

The Church has set aside a special day, All Saints Sunday, to celebrate God's grace and work through all who live in Christ and all who have died in Christ. This year, we're celebrating the day together with sisters and brothers from our partner congregations and ministries in the area. **We'll be together in a single service of worship—at 9:30 a.m., Sunday, November 2 at Trinity.**

We need each other. We're richer when we all share in the life and ministry of Jesus Christ. On All Saints Sunday, November 2, we'll join our voices and sing:

*We are your heart, O Christ,
your hands and voice,*

*to serve your people
is our call and choice,
and in this mission
we, the church, rejoice, alleluia!*
(ELW 546)

We'll celebrate the ministry we share with all the saints. Bishop Dean Nelson of our Southwest California Synod will be with us to preach and formally install me as your pastor.

I trust that you look forward to joining your fellow saints in hearing, speaking, and singing God's Word together every Sunday. Moreover, on November 2, I hope you'll stay and savor tasty food and saintly fellowship over a meal in the fellowship hall, following the worship service.

We have a lot to celebrate! God has given us everything we need and more: forgiveness, life, salvation, each other—and the privilege of sharing God's Word of reconciliation and new life in Christ within the Church and with all God's people.

May God bless you in life and ministry.
Pastor Truls