

## TRANSITION HOUSE THANK YOUS

On December 21, Trinity volunteers served pot roast, baked potatoes, green salad and cupcakes to 60 guests at Transition House. We also provided cheese, lunch meat chips and cookies for lunches the following day. Coordinating the dinner was **Dorothy Burkhart**. Providing food were: **June Brusse, Cindie Trieger, Jane Huhn, Evelyn Tetherow, Ellen Ahlers, Nancy Sittig, Martin Halseth, Jane Maddalon, Ruthe Anderson, and Jean Wollenberg**. Servers and sandwich makers were: **Dorothy Burkhart, Jane Huhn, Evelyn and Jean Wollenberg**.

On January 18, Trinity volunteers served dinner to 51 guests at Transition House. We provided lasagna, green salad, mixed vegetables, toasted garlic bread and ice cream bars. Coordinator was **Nancy Sittig**. Those who helped provide food were: **Jane Maddalon, June Brusse, Nancy Sittig, Marilyn Reginato, Martin Halseth, Cindie Trieger, Dorothy Burkhart, Jean Wollenberg, Jane Huhn and Evelyn Tetherow**. Those who helped serve, make sandwiches and pack lunches were: **Jean Wollenberg, June Brusse, Martin Halseth, Jane Huhn, Evelyn Tetherow and Nancy Sittig**.

We will provide our next dinner on Monday, February 15, and invite anyone to join us to donate food for dinner or lunch. We work in the kitchen at Transition House from about 5:30-7:30 PM. For more information on how you can help, please call Nancy Sittig at 966-4499.

\*\*\*\*\*

**COUPON CLIPPER STATISTICS** - In the year 2009, Trinity "coupon clippers" and our associates did better than ever. 120,619 coupons with a value of \$139,143.61 were mailed to our military families overseas, mainly to Guam and the United Kingdom. Thank you letters from the base commanders or others in charge of the programs indicate that between 10 & 40% of a family's budget can be saved through this project. This is particularly helpful to the lower ranks. They are grateful and it is rewarding to be able to participate. A local women's book club took care of the mailing expense. Thank you all!

Chris Olson, Coupon Coordinator

## **FAMILY NEWS**

**Anjali Daniels** was pictured in an article about the Dos Pueblos High School Engineering Academy. The academy was the recipient of a \$1 million donation from Virgil Elings.

## **WE MOURN WITH**

**Ruth Harrison and family** on the death of her daughter **Cathy May**.

**A memorial service will be held for her here at Trinity on Saturday, February 6 at 1:00 PM**

**Ed & Marcia Lenvik and family** on the death of Ed's mother, **Beverley Lenvik**

**Kelly Onnen & family** on the death of her father, **David Booth**

**We keep in our prayers:** Ted Glidden (father of Lisa Daniels), Bob Nelson, Jean Appel, Hal Oquist, Paul Griffith, Correne Slater, Hal Oquist, Agnes Akland, Helen Seyfried, Ruth Harrison, Sara Kvass (daughter-in-law of art Kvass), Matt Rossini (son-in-law of Larry & Astie Hammett), Lilith Imbrogno (neighbor of Mark & Trudy Allen).

## **UNIVERSITY OF MINNESOTA, MORRIS CONCERT CHOIR AT TRINITY -**

March 13 at 7:00 PM please come to Trinity and enjoy a concert of sacred choral music presented by the 60-voice UMM choir, directed by Ken Hodgson.

This talented group has sung at our church twice in the past decade and are coming through California again on their 2010 West Coast tour. We will host them for dinner in the Fellowship Hall earlier that evening, and they will be lodged at a local inn. They must hit the road very early the next morning, so are unfortunately unable to stay and sing during our worship services as they had done in the past. So be sure to come and hear them that evening! There is no admission cost, but free will offering will be taken to help them defray the costs of their tour.

## SERVING IN WORSHIP IN FEBRUARY

**ALTAR GUILD:** Nancy Sittig & Chris Olson

**READERS**                      8:00 AM    10:30AM

First Sunday	Dave Vierra	Jane Maddalon
Second Sunday	Lisa & Anjali Daniels	Marshall Sittig
Third Sunday	John West	Erik Karlson
Fourth Sunday	John West	Joan Petersen

### COMMUNION ASSISTANTS

	8:00 AM	10:30 AM
First Sunday	Kim Bish	Barbara Griffith
Second Sunday	Kim Bish	Cindie Trieger, Nancy Sittig
Third Sunday	Kim Bish	Rob Anderson
Fourth Sunday	Kim Bish	

### GREETERS

	8:00 AM	10:30 AM
First Sunday	Kathy Raschka	Nan Burns & Greg Dahlen
Second Sunday		Einar Hovind
Third Sunday		Marilyn Reginato
Fourth Sunday		Dennis & Betty Lewis

\*\*\*\*\*

Volunteers are always welcome for any of these activities. If you would like to volunteer to be a reader or a communion assistant, please contact Jane Maddalon at 967-6865. If you would like to greet our members and visitors, please contact Marilyn Reginato at 967-9361 or Cindie Trieger in the church office at 687-1577. If you are interested in joining the Altar Guild please contact Nancy Sittig (966-4499) or Helen Rydell (687-3234).

## MARCH BIRTHDAYS

John Rydell	1	Mark Nylen	20
John Walter Santrizos	1	Kelly Hammond	20
Kathy Raschka	2	Dan Thomas	22
Leah Jones	5	Mattias Walker	24
Ezana Okomo	5	Sophie Graham	24
Bob Nelson	8	Ed Lenvik	26
Mac Sanborn III	9	Maggie Tufvesson	27
Bill Noyes	9	Brendan Lokre	27
Abigail Carroll	9	Norman Hazard	28
Scott Howard	10	Emily Ebeling	30
Lynn Jones	11	Marshall Sittig	30
Anjali Daniels	12	Lisa Sobczak	30
Hana Anderson	16	Peter West	31
Dawn Woods	17	Kim Courtney	31
Dave McClure	18	Martha Ringer	31
Pat McClure	18	John West	31
Sharon Carpenter	19	Clay Klakeg	31

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

## MARCH ANNIVERSARIES

Leif Ourston & 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	Rick & Carla Church	25
Bob & Jane Atwater	17		

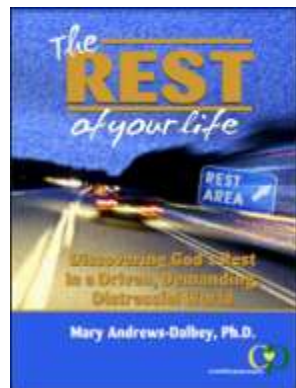
## FEBRUARY BIRTHDAYS

Dee Field	3	Hans Steenstrup	18
John Morrisset	4	Martha Santrizos	18
Kirsten Schroeder	4	Kevin Boehm	18
Bob Huhn	4	Don Anderson	19
Helene Mussbach	5	Curtis Anderson	19
Adam Graham	7	Ruth Gilde	19
Lorena Trichler	7	Sylvia Redding	20
Fred Heidner	7	Joanne Tveidt	21
Eleanor Alexander	9	Lisa Daniels	21
Olivia Anderson	10	Mary Gregersen	23
Nancy Gonnoud	11	Dale Oftebro	23
Maxine Rajala	15	Astrid Johansen	24
Bob Atwater	16	Mike Owens	27
James Paul	16	Bill Redding	28
Katya Sittig	17		

## FEBRUARY ANNIVERSARIES

Bob & Kathy Dolin	5
Jim & Dee Field	21
Al & Dolores Hartnett	28

*(Please contact the office with any corrections or additions to this list.)*



**Trinity Evangelical Lutheran Church**

**Women's Fellowship Gathering**

**“Lent: A Time of Giving-Up  
Ourselves to God and Resting In  
Him”**

**Guest Speaker: Mary Andrews-Dalbey, Ph.D**

**Saturday morning, February 27<sup>th</sup>, 2010** will be a time for you to come and leave the rat race and enter into our Heavenly Father's rest. “The Rest of Your Life,” written by Mary Andrews-Dalbey Ph.D speaks to all of us in a world that is demanding and challenging. As women today we are juggling career, children, family, social obligations, health issues, and keeping up with technology advances to name a few. Let us take some time to spiritually nourish our souls as we focus on receiving God's presence and experience the joy of His gracious work at the center of our lives during this Lenten Season.

**Date: February 27<sup>th</sup>, 2010**

**Time: 9:30 Coffee and Welcome**  
**10:00 Program**  
**11:30 Closing Prayer**

**Place: Trinity Lutheran Fellowship Hall**

**Cost: Offering at the Door**



**FARSTRUP-MORTENSEN LECTURE SERIES - 25th Anniversary Presentation**  
**Hosted by Bethania Lutheran Church in Solvang.**

**Guest speaker is Bishop John Shelby Spong**, whose books have sold more than a million copies. He was bishop of the Episcopal Diocese of Newark for 24 years before his retirement in 2001. The subject of the lectures this year is "Religion and Change, Part I". The series begins Friday, February 26 and runs until Sunday, February 28. Registration forms and brochures with more information are at the Welcome Center.

\*\*\*\*\*

**The Women's Bible Study Group has begun a study of the Gospel of John.** They meet on Thursday mornings from 9:30-11:15 AM in the Fireside Room for refreshments and fellowship as well as discussion about the Bible. This group has been going strong for several years and they always welcome new participants.

\*\*\*\*\*

**Lower CD rates making you question how to invest?** Make a gift to ministry and receive fixed annuity payments for life at higher rates than current CDs. You receive an income tax deduction and the ministry of your choice receives a wonderful gift. Learn about charitable gift annuities by calling your ELCA Foundation regional gift planner, Greg Shepherd at 909 910-6823.

\*\*\*\*\*

**"Sally Franz lives in North Carolina**, but thinks of her church family often and hopes you all had a Merry Christmas and Happy New Year.

Her new book, *Scrambled Leggs*, about being sick while she was at Trinity, has just come out and is available at the website Amazon.com. The Care Ministry heard Sally read the first few chapters as it was in manuscript form. In the book she praises the folks from Trinity and the Lutheran church as a whole. The book is a humorous, inspirational book which makes people stop and think."

## MEMBERSHIP MUSINGS

As you read this edition of "The Tidings," the winter gatherings of BREAD BREAKERS will be well underway. As you know, BREAD BREAKERS is an opportunity for Trinity members to get together in the comfort of a home to share a meal and become better acquainted. It's an idea from Trinity's past and it still makes sense. Thanks to our hosts and hostesses for making these gatherings possible: Ila Vranish, Mark and Diana D'Evelyn, Rami and Cindy Courtney and the Reddings: Bill and Sylvia.

Be sure to check out the produce on the Gardeners' Exchange Table. These January days bring out a wonderful harvest of citrus fruits: navel oranges, lemons and limes. On occasion you'll also find radishes, onions and chard. It's yours for the taking at no charge. Of course, your donations are welcome as they go to support the Food Pantry at Grace Lutheran.

When weather permits, MIDWEEK WALKERS are out pounding the sidewalk every Tuesday morning at 9:00, with coffee afterwards. Give some thought to joining us each week: it's good exercise with great people. Directions to our meeting spot are always found in the Sunday bulletin.

\*\*\*\*\*

**Bookbinders, the women's book club**, is in its 7th year. We continue to read a variety of books. For our next meeting on March 7 at 3:00 PM in the Fireside Room we are reading *The Help*, by **Kathryn Stockett**. Please join us.  
From the Washington Post...

"Newly graduated from Ole Miss with a degree in English but neither an engagement ring nor a steady boyfriend, Eugenia "Skeeter" Phelan returns to her parents' cotton farm in Jackson. Although it's 1962, during the early years of the civil rights movement, she is largely unaware of the tensions gathering around her town.

Skeeter is in some ways an outsider. Her friends, bridge partners and fellow members of the Junior League are married. Most subscribe to the racist attitudes of the era, mistreating and despising the black maids whom they count on to raise their children. Skeeter is not racist, but she is naive and unwittingly patronizing. When her best friend makes a political issue of not allowing the "help" to use the toilets in their employers' houses, she decides to write a book in which the community's maids -- their names disguised -- talk about their experiences."

## Thank Yous to Trinity

"Many thanks to the Trinity choir who shared their voices with us at the Smith Health Center (at Samarkand) during the Christmas season. We also appreciate the poinsettias and good cookies from the Care Ministry. May each of you continue to abide in our Lord Jesus Christ."

Ken & Margaret Siegele

\*\*\*\*\*

"To All at Trinity Lutheran Church,

I felt at 'home' immediately when we joined the Trinity family thirty-five years ago. Like a family, you have surrounded us with love and care upon the death of our son, Rob.

Even though we left Trinity several years ago you sent a beautiful white orchid to comfort us - you have shone God's love through your actions.

Thank you so very much - it brought tears to my eyes as many happy memories of our years with you flooded my mind. You have been a blessing to me."

Much love, Jan Williams

\*\*\*\*\*

"Dear friends,

The flowers were gorgeous and after enjoying them here, they were taken to the dining room for two days where everyone could enjoy them. The bouquet went from here to Cottage Hospital to be seen by many.

And so, thank you for your thoughtfulness. You made a lot of people happy; especially me.

Marie Gabrielson

\*\*\*\*\*

Ruth Harrison sends her love and appreciation to Trinity members for their cards, thoughts, and prayers during the illness and passing of her daughter Cathy May. Your support has helped during this time of grief.

## February Notes in Youth and Family Ministry

L.O.L. (Love Our Lord), our youth group for high school and junior students, continues to grow and change in exciting ways. We are enjoying a lively time of Sunday school as we have begun to talk about Heaven. We meet at Goleta Coffee Company across from San Marcos High School around 9:10AM on Sunday mornings. Trinity students can meet at Trinity and carpool from there, but we will leave at 9AM SHARP (unless the 8AM service runs over time, of course). Christ Lutheran students will still return for worship at 10, and, of course, Trinity students will be back in time for the 10:30 service as well. Students bring their own money and we have deep talks about pretty big subjects!

Junior high students had a blast last month at Winter Camp, and our high school students are going at the end of this month. High school winter camp at El Camino Pines is the last weekend of February, from Friday the 26<sup>th</sup> through Sunday the 28<sup>th</sup>. Signups are still open, but we're running out of time!

This month we will also have a few schedule changes. There will be no confirmation/L.O.L. the evening of Sunday, 2/7, as many families will be otherwise engaged in Super Bowl parties. While there will be confirmation the rest of the month, there will be no high school group the night of 2/28 due to winter camp.

Signups are also still open for our summer missions trip to San Francisco. This trip will be the week of June 13-18. Ask Rich for more details! This trip is open to all students entering grades 9-12. Alumni are invited to attend as well!

Peace,

Rich Lashua  
Director of Youth and Family Ministries

\*\*\*\*\*

**PRIME TIMERS** will meet at Alan & Mary Gregersen's home on Sunday, February 21 at 5:00 PM. Prime timers are those of us in the "Prime of Life". New participants are welcome to join in and share a meal together approximately every two months. This dinner is pot-luck. Please call Mary Gregersen at 968-5829 to see what you should bring.

\*\*\*\*\*

**YOUTH LEADER SOUGHT AT GOOD SHEPHERD** - Good Shepherd Lutheran Church of Goleta has a part-time position open for a Youth Program Leader. To see a job description, you may contact Trinity's office. People interested in the position should submit their resume's to Good Shepherd Lutheran Church, 380 North Fairview Avenue, Goleta, CA 93117, Attn: Mary Struven, Elder Chair.

\*\*\*\*\*

**CHRISTMAS TREE LOT RESULTS AND THANK YOUS** - Thank you to all the wonderful volunteers who helped to make this year's Christmas Tree lot a success. Our gross income was \$31,721.00 and we received a matching grant through Thrivent in the amount of \$1250.00. All of the bills have not come in yet, but after taxes and expenses we expect to net about \$10,000. We could not have done it without the help of so many of you!

\*\*\*\*\*

**CARING MINISTRY** – Please notify the church office if you, a family member, or another church member is experiencing an illness, a hospitalization, or another need for caring ministry.

\*\*\*\*\*

**LUNCH AND LEARN - SPEND YOUR LUNCH HOUR WITH US!** Come to Trinity's fellowship hall at 12:00 noon on March 1. Thrivent Financial for Lutherans will provide lunch and a learning opportunity. With the national debt soaring to never seen before levels and income tax rates at historically low levels, something's got to give. Sign-up sheets for the event will be available this month at the information center on the patio, to assure that enough food will be provided.

- Learn about “3-D Diversification” and how it may help you control your tax bracket.
- Understand what all the excitement regarding Roth IRA Conversions from Traditional IRAs is all about in 2010.
- Get some help finding out if it is right for your personal situation.

\*\*\*\*\*

**ROOM WANTED** – A member of the congregation is looking for a room during a time of transition. If you can help, please speak with Pastor Truls.

## **LENT BEGINS FEBRUARY 17 (ASH WEDNESDAY)**

**Ash Wednesday Worship: 11:00 a.m. and 7:00 p.m.**

**Ash Wednesday Luncheon: 12:00 Noon**

Those who worship at 11:00 a.m. are invited to stay for fellowship and a simple luncheon in the fellowship hall. Watch for the luncheon sign-up sheet! Friends and neighbors are welcome to join us.

## **WEDNESDAY LENTEN SERIES FOCUSES ON THE LORD'S PRAYER**

Our Lenten evening series begins on February 24 (Wednesday after Ash Wednesday).

**Lenten Series Worship: 7:00 p.m.**

Within our *Holden Evening Prayer* liturgy, we'll have the opportunity to reflect on the Lord's Prayer and make rich connections to our lives of faith, discipleship, and relationships. By way of video recording, Dr. James Nestingen, a beloved teacher of the Church, will lead our reflection on the Lord's Prayer each evening. Following worship, those who wish will have the opportunity to respond to Dr. Nestingen's presentations in a small group setting.

**ADULT FORMULATION OF FAITH IN LENT** – You are invited to join us in the fireside room at 9:15 a.m., Sundays in Lent. Our Sunday discussion and weekday reflections will complement our Lenten Wednesday focus on the Lord's Prayer. We'll be using the Book of Faith resource, *Lenten Journey – 40 Days with the Lord's Prayer*. Though not required for participation on Sundays, purchasing and using this book in your daily devotions will be encouraged. To order this book, watch for sign-up sheets on the patio this month.

**MEN'S MINISTRY MEETS** at 6:00 p.m., Tuesday, February 16 at the home of Paul Perez. After great food and fellowship, Mark D'Evelyn will lead the Bible study. Never attended a men's ministry evening? You don't know how much fun you are missing! There will be a sign-up sheet on the patio so Paul knows how much food to prepare.

## **INTERESTED IN MEMBERSHIP AT TRINITY?**

You are invited to a no-obligation, informational luncheon on Sunday, February 21, from 11:45 a.m.-1:30 p.m. in the fellowship hall. If you're planning to attend, letting the church office know (687-1577) will help us plan food quantities. Welcome! Then, on Sunday, February 28, we plan to formally welcome into the congregation those who would like to become members.

## **ELCA DISASTER RESPONSE IN HAITI**

Our gifts to ELCA International Disaster Response, designated for Haiti Earthquake Relief, will be used entirely—100 percent—for immediate relief and ongoing recovery in Haiti.

Please write your check to Trinity Lutheran Church and write "Haiti Earthquake Relief" in the memo section of the check.

About 3 million lives, one-third of Haiti's population, are affected by the January 12 earthquake. Already one of the poorest countries in the world (70 percent of Haiti's population lives in extreme poverty), this catastrophe will exacerbate the suffering felt by many already living with hunger and poverty. ELCA Disaster Response is already working through long-standing partnerships on the ground to provide emergency food, water, shelter and medical supplies. Financial gifts are urgently needed.

Our prayers and generous gifts will make a life-saving difference. Please give today.

**BOOK OF FAITH** - Two weeks remain in the current term. Feel free to join in when you can!

Tuesdays, 7:00-8:30 p.m. at Trinity

- **Gospel of John**

Wednesdays, 11:00 a.m.-12:30 p.m. at Grace Lutheran, 3869 State Street

- **People of Faith**

Wednesdays, 2:00-3:30 p.m. at Christ Lutheran, 6595 Covington Way, Goleta

- **Gospel of John**

Wednesdays, 7:00-8:15 p.m. at Christ Lutheran, 6595 Covington Way, Goleta

- **Exodus**
- **People of Faith (prophets, kings, and ordinary folks)**
- **Making Sense of Scripture**

# February Healthful News

Sharon Troll, Parish Nurse

One Wish

or

Five Wishes.....



If you were granted one last wish what would yours be? Would it be money, fame, children, travel, health.... Many of us may find “one” wish a very difficult decision versus having a choice of two or three wishes. The word "wish" is a verb and it is defined by Webster's as "to have or express a desire for something, to give form to, or to have a longing for." So let's take another approach. We have all read novels, viewed movies and have witnessed endings .... the 9<sup>th</sup> inning of a baseball game, the last quarter of a football game, graduation day, etc... In fact each and every day we are living out chapters in our daily lives whether we realize it or not. So back to the first question: If you were granted one last wish, what would yours be?

“Well today we all have the opportunity to make not one wish but 5 *Wishes*. *Aging with Dignity* founder Jim Towey, who served as Mother Teresa's friend and legal counsel for 12 years, was a full-time volunteer in her home for people with AIDS. Her tender care and concern for all needs of a person – medical, emotional and spiritual – served as the inspiration for *Five Wishes*, America's most popular living will. Matters of comfort, dignity, pain management, personal and spiritual issues, family reconciliation and memorial matters are all addressed. It's also easy to use and understand. It meets the legal requirements and has been called the closest thing available to a national advance directive.” Yes, the most important decision and wish we all make sooner or later is who do we trust with our decision at the end of our life and what wishes do we want fulfilled.

This coming March 20<sup>th</sup>, First Presbyterian Church in collaboration with *The Alliance for Living and Dying Well* has been selected to present the 5 Wishes to their congregation and community. Trinity Lutheran Church parishioners are invited to attend this presentation. The *Santa Barbara Alliance for Living and Dying Well* is looking for parishioners to bring the 5 Wishes into their congregations. The focus of the Alliance for *Living and Dying Well* is two-fold: determining how we can make a significant improvement in the coordination of end of life care services in our community and finding measurable ways to reduce the fear of death. Others participants in this project

are Cottage Hospital, Visiting Nurse and Hospice Care, Hospice of Santa Barbara, Bower Foundation and Sarah House.

If you are over age 18, you should complete *Five Wishes* now. If you are married, you and your spouse each need to fill out your own *Five Wishes*. Even if you are young or in good health, you never know when an accident or sudden illness can impair your ability to communicate your wishes. This is not pulling the plug; this is about communication about our final wishes.



Many people fear death. They fear signing an advance directive because they fear it may alter the course of their life. Well if you feel this way you are not alone. However, living in fear is no way to live. Joy is what our Lord wants for us. Death is not the end. Psalm 48:14 states, "For this God is our God forever and ever; he will be our guide even to the end." John 14:1 "Do not let your hearts be troubled." In Psalm 18:2 "The Lord is our rock, our fortress and our deliverer..." Let this season of Lent be one of preparing your wishes.

Many people state that an advance directive is an important document but they do not commit to its completion in writing. Today, with increasing medical technology, it is so very important to have your wishes communicated. This cannot be merely a matter for discussion; it must be a matter for decision. Don't leave your healthcare to chance.

## **5 Wishes Volunteer Facilitator Training**

*February 16<sup>th</sup> from 1-5PM and March 2<sup>nd</sup> from 3-5PM  
@ Hospice of Santa Barbara*

It is our hope to have people trained in our congregation that can assist others to complete their 5 Wishes. Please contact Sharon Troll, Parish Nurse, about attending this training.

***Save the date: 5 Wishes- A Discussion and Decision***

***Saturday, March 20<sup>th</sup> from***

***9-12 noon-Continental Breakfast***

***First Presbyterian Church of Santa Barbara***

***You are encouraged to bring your significant other or whomever you wish to share in your discussion and decision.***

## February Senior Fellowship Luncheon

Thursday February 11, 2010

**"Love Songs"**

*with*

***Phil Wilson***

***Trinity Lutheran Music Director***

***10:30 Exercise***

***11:00 Program***

***12:00 Lunch***

***Cost: \$6.00***



## February Care Ministry

Trinity Lutheran Library

Tuesday February 9<sup>th</sup>, 2010

***4PM***

**"Heart Care"**

*with*

**Dr Gil Ashor**

**Retired Cardiac-Thoracic Surgeon**



## Tai Chi for Arthritis



Is a program of the Arthritis Foundation and it is designed using the Sun-style Tai Chi. This style includes steps and exercise to improve mobility, breathing, and relaxation. There are 12 movements - 6 basic and 6 advanced. Look for Sharon to start another class this spring!!

## Caregiver Support Group

February 24<sup>th</sup> 1 –2 PM

Join us for afternoon tea – stay tuned for place to be named

***Do you currently care for a loved one – a spouse, a child, or a parent?***  
*Support groups are becoming more and more popular. They offer a safe place to share emotions and experiences, seek and give advice, and exchange practical information with others. Support groups help you see that your situation is not unique, and that you are not alone in your feelings and experiences.*

## Thank you all for your participation in the Coat Drive for Homeless.

“With the sudden onslaught of extreme weather, homeless people are the most immediately vulnerable. South Coast shelters are operating at capacity with the largest, Casa Esperanza, having to turn people away,” states the Independent on January 25<sup>th</sup>. I spoke with Ken Williams MSW, for the homeless, and he states, "it is so sad out here. This is the second year of the recession and there are young kids, mentally ill and those with job loss. The coats flew out onto the streets.” The need for coats and warm clothing continues.

Please continue to keep the homeless in your prayers. *Sharon*