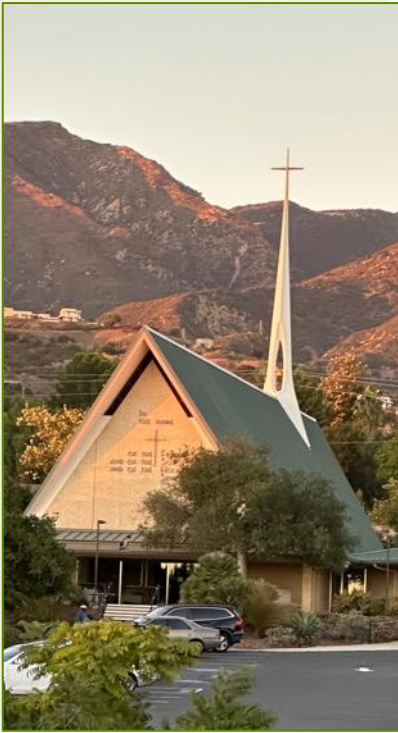




Volume XXVIII | Issue 8
August 2026

GLAD TIDINGS

Trinity Evangelical Lutheran Church • Santa Barbara • CA



Psalm 67:1-3

*¹ May God be merciful to us
and bless us;
may the light of God's face
shine upon us.*

*² Let your way be known upon earth,
your saving health among all nations.*

*³ Let the peoples praise you, O God;
let all the peoples praise you.*

POWERFUL *or* POWERFOOL?

Power is a seductive force that cajoles us into thinking that with it we can control our future, but without we will suffer greatly. With power we can defeat our enemies who seek to harm us, and without it we must abide by the forces, good or bad, that prevail. Power is a necessity that we cannot live without, even if we never achieve the amount of power we desire. But still, there is an innate human condition that assures our being when we feel powerful.

Power, however useful, also leads to so many problems we experience. So, we should not be surprised to see that power is one of the temptations with which the Devil seduces Jesus in the wilderness. Power is what is gained in the garden when the fruit of the knowledge of good and evil is tasted. After all, it has been said that knowledge is power. But humanity has a poor record with power. Seldom is it not abused. Seldom does it not create divisions, oppression, and lead to discrimination. Yet we can't divorce ourselves from wanting or needing it. The other seduction we tend to believe is that power is not the problem, it's the people who abuse it. If the right people had power, then our problems would be lessened, and our world would be better. I am not sure if that is possible or true. Being privileged can keep you blind to the oppression power yields. Being underprivileged can keep you fighting for power whose systems will not ultimately free nor save you.

The one thing I do know is that Jesus did not seek power. He did not give into its temptation nor did accept the power others tried to give him. He was content to be obedient to God and trust their divine power. The Gospels reveal to us that Jesus refused political, economic, social, and religious power and many thought he was foolish for such actions, his disciples included. Instead, Jesus championed the power of God's love. A power you cannot earn, bargain, trade or store up.

Continues on the next page

WORSHIP NOTES

Sunday, August 2nd

9:30 a.m. Sanctuary/Livestream

10th Sunday after Pentecost

Installation of 2026-27

Church Council and

Endowment Committee

Sunday, August 9th

9:30 a.m. Sanctuary/Livestream

11th Sunday after Pentecost

5:00 p.m. Chapel

Evening Taizé Worship

with Holy Communion

Sunday, August 16th

9:30 a.m. Sanctuary/Livestream

12th Sunday after Pentecost

Gretchen Heim,

Director of Fall Harvest Field Trips,

Trinity Gardens

Sunday, August 23rd

9:30 a.m. Sanctuary/Livestream

13th Sunday after Pentecost

5:00 p.m. Chapel

Evening Taizé Worship

with Holy Communion

Sunday, August 30th

9:30 a.m. Sanctuary/Livestream

14th Sunday after Pentecost

California Lutheran University,

Campus Ministry Students



...POWERFOOL

God's love is a power you can feel and be compelled to give away which is exactly what Jesus did. He empowered people by loving them. It was Jesus, using the power of love, that threatened all the earthly powers which got together to flex their muscles and put a stop to Jesus.

And, yes, we know the story. God's love could not be defeated. Jesus rose with that power and shared it with his followers and invited them to spread God's love throughout the world. And we are recipients of that love and know the source of that power. Our only problem is that we do not always trust that the power of love bears any weight without the earthly power we experience. We fear that without having political, economic, social or religious power then our power of love will be defeated. And we think that because we see it attacked at every turn. And so, our human condition keeps us as slaves to the power of this world. Keeps us seeking to be comfortable instead of contributors.

But guided by God's love, whether we feel powerful or powerless, we can truthfully see the limitations of earthly power and find hope in sharing love between one another.

How tough it is for us to let go of our quest for earthly power and have faith that God's love for us will be enough. So, what can we do about our conundrum? First recognize the power structures you fight and are embedded in. Repent and ask God's forgiveness for your complicity in systems that do not operate by God's love. And then seek ways to give more time and energy sharing love with the world, even at the risk of losing power. And finally, empower others through unconditional loving acts of service. And trust God, that this love, however often it is attacked, will not be defeated.

May we be powerfool for love.

In Christ's service,
Pastor Mark

Beat the Heat as Temperatures Rise

By Sharon Head, RN

- Drink plenty of water.
- Avoid caffeine and alcoholic beverages as they can cause dehydration.
- Wear light, loose-fitting clothing and a hat.
- Turn on a house fan to help circulate the air and purchase a smaller, hand-carried one that can go in your purse. Turn on the A/C if you have it.
- Stay indoors during the hottest parts of the day.
- Exercise early in the morning or late evening when the temperatures are cooler.
- Showering with cool/tepid water will cool down the body temperature when needed.
- When outside do not forget to put on your sunscreen.
- Know the symptoms of heat related illness (which are listed below).

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
• High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out)	• Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
• Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out)	• Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water Get medical help right away if: • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
• Heavy sweating during intense exercise • Muscle pain or spasms	• Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity Get medical help right away if: • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
• Painful, red, and warm skin • Blisters on the skin	• Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)	• Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash



Blessings, Sharon

FROM GENERATION TO GENERATION | *Now and Forever*

A brief report about the Association of Lutheran Church Musicians (ALCM) Conference that I attended from July 13–17 at St. Olaf College in Minnesota.

The conference was an excellent experience and provided a wealth of resources, music, workshops, and lectures related to Lutheran church music and worship. During the four days, I had the opportunity to learn from outstanding church musicians, experience current trends in Lutheran worship, and reflect on how some of these ideas might benefit Trinity's music ministry.

The worship experiences were especially inspiring. The chapel at St. Olaf was beautiful, the daily Morning Prayer services were meaningful, and the performance of Festival of Hymn and St. Matthew Passion was outstanding.

Below are sessions and events I attended:

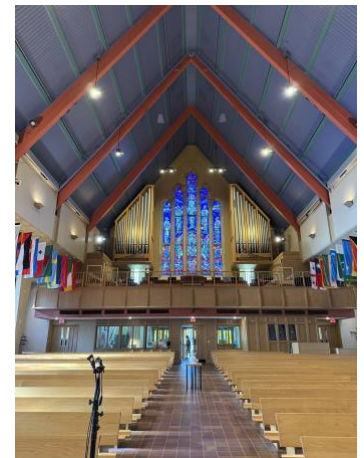
- The Organ Sings Too: Leading Congregational Song – Kevin Hildebrand
- Singing as Truth-Telling: New Songs to Sing Us Beyond the Doctrine of Discovery
- Music That Makes Community
- Abendmusik and Festival of Hymns (one of the highlights!)
- Morning Prayer (daily)
- Freedom for the Captive: Music Ministry Lessons from the Prison Choir – MaryLynn Mennicke
- Four Choral Reading Sessions (including many complementary anthem samples and new repertoire!)
- Reclaiming Contemporary Worship – Nate Crary
- Body, Mind, Spirit, Voice: Our Calling as Pastoral Musicians – Anton Armstrong
- Community Song Leading as Choral Practice – Paolo Debuque
- Concert: St. Matthew Passion

I deeply appreciate the opportunity to attend this conference. It was a valuable experience both professionally and spiritually. I hope to have the opportunity to attend again next year.

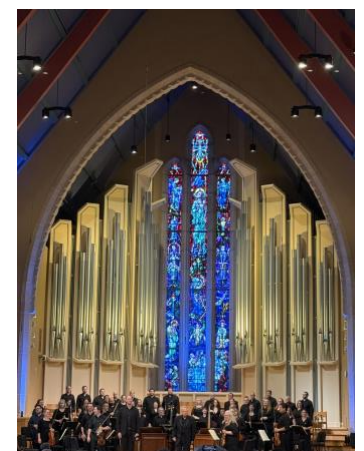
Mi-Young Kim



St. Olaf Chapel



St. Olaf Chapel Organ Loft



The Passion of St. Matthew

TIM NOE – FEMA IT RESERVIST

By Tim Noe



It was early 2020. I had returned from a Peace Corps assignment in Paraguay a couple of months earlier, and I wondered, "Could I possibly get an Information Technology (IT) job with the Federal Emergency Management Agency (FEMA)?" I filled out an online application form and was contacted a short time later: "You're hired!" So began my 6-year-long career as a FEMA IT Reservist.

Basically, my job as an IT Specialist is to support other FEMA employees on deployment, solving problems related to their iPhones, iPads, laptops, printers, network, or Wi-Fi issues etc. We usually do not interface with disaster victims.

I have deployed to FEMA disasters in the following states: Texas, Louisiana, New Mexico, California (Oakland), Florida (training), Vermont, Georgia, Kentucky, and Mississippi. I also spent 2.5 months supporting the US Border Patrol in Arizona, performing administrative tasks during peak migrant periods.

Pros of the job:

1. I serve my country by following the FEMA motto: "Helping others before, during and after disasters."
2. The majority of FEMA folks I serve with are friendly and helpful.
3. I have learned some new IT technology on-the-job.
4. I have seen parts of the USA I had not seen before.
5. FEMA pays me a modest salary while deployed, plus overtime, hotel, car rental, travel expenses, and per diem.

Cons of the job:

1. Traveling, especially by air, is not as fun as it used to be: crowded terminals and aircraft etc. I have to carry a heavy bag containing IT materials on my FEMA trips.
2. Driving an unfamiliar rental car on unfamiliar roads poses a safety risk, especially after dark.
3. I have no idea when I will be requested to deploy, sometimes leaving only 24 or 36 hours to prepare for my trip.
4. Living out of a hotel room for 4 weeks or longer is a pain, as is having to find places to eat every day because most rooms have few cooking options.
5. I am responsible for paying all charges made to my Citibank government travel card. A hotel I stayed in on one deployment defrauded me of over \$1000 by refusing to give me a receipt at the end of my stay. Despite having described the situation to FEMA, Citibank, my local Congresswoman and other entities, I only received a partial refund from Citibank.
6. As a reservist, I have no benefits like healthcare coverage, 401(k) retirement account etc.
7. I tend to forget much of the technical processes of the job when I am not deployed for extended periods.
8. The current political situation has made working with FEMA very uncertain.

Well, that's my story about my FEMA IT Reservist work. Unless I decide to resign my position, the saga continues!

Let's Rock-It on the Patio!

Saturday, August 22nd, 2026
5:00 p.m. – 7:00 p.m.

Featuring **The Rock-It Band**
Classic rock and country music — All ages welcome!

Also featuring the opening of
A Day in Trinity Gardens
Still life paintings by Oregon-based artist **Nancy Jensen**
in the Fireside Gallery

Original watercolors available for purchase
Proceeds benefit the Trinity Garden

Guests are also welcome to wander down to Trinity Gardens to explore.

Taco Dinner by Sazon Latino Catering and Restaurant
MUST BE PRE-ORDERED BY AUGUST 20TH

Dinner includes:
Three tacos • Rice • Beans • Chips
Salsa bar • Bottle of water

Reservations and payment can be made to
Peggy Faulk at 805-588-5240 or kap1976@hotmail.com
or the **Church Office**
Monday–Friday, 9:00 AM to 1:00 PM

Hope you will join us for the evening!!

FIRESIDE GALLERY PRESENTS

A Day in Trinity Gardens

Watercolors by Nancy Jensen



OPENING RECEPTION

Saturday, August 22, 2026 | 5:00 - 7:00 PM

Trinity Evangelical Lutheran Church

909 N La Cumbre Road, Santa Barbara, CA 93110

Free and open to the public

On the Fellowship Hall Patio & in the Fireside Gallery

Join us for a summer evening of art, music, food, gardens, and friends!

Live music on the patio by **Rock-It**

Delicious tacos from a local taco truck (\$20/plate - **must** be pre-ordered by **August 20th**)

Wine, lemonade, cheese, crackers & cookies in the gallery

Plant Sale on the gallery patio

Guests are also welcome to wander down to the gardens and explore the beauty in person.

Proceeds from sales of watercolors and plants benefit Trinity Gardens, an organic community garden.

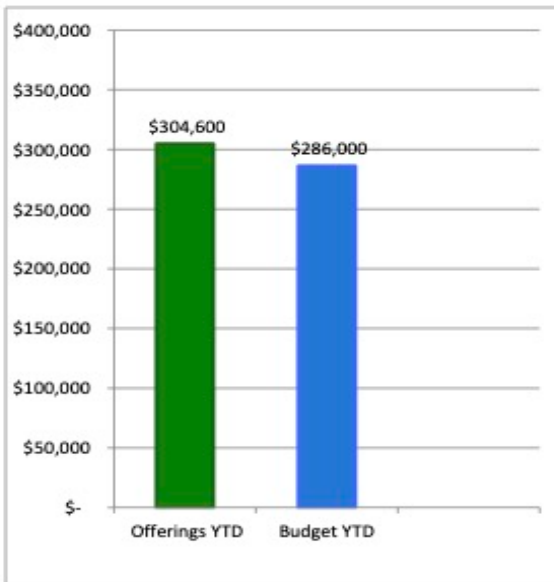
For more information, contact the church office at (805) 687-1577

THANK YOU FOR GIVING!

FINANCIAL SNAPSHOT FY 2025-2026

July – June Giving General Offerings

Offerings YTD	\$	304,600
Budget YTD	\$	286,000
Difference	\$	18,600
Percent of Budget		107%



Our final giving totals are in for Fiscal Year 2025-26. By the grace of God and your willingness to support the ministry of this church, Trinity Evangelical has exceeded our budget by 7%. Along with our careful stewardship of our resources, and through the time and energy of so many volunteers, we were able to accomplish more ministry than we thought we could when the fiscal year began. Thank you all for your generous spirit and answering God's call to care for our neighbors. We can only meet the demands of operating in our community with your support.

Almighty God, we humbly thank you for your goodness to us and to all that you have made. We praise you for your creation, for keeping us and all things in your care, and for all the blessings of life. Above all we bless you for your immeasurable love in redeeming the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies that with thankful hearts we praise you, not only with our lips but in our lives, by giving ourselves to your service and by living in your gifts of holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all worship and praise, now and forever. Amen.

SUNDAY
EVENING
WORSHIP

AUGUST 9 & 23
5PM IN THE CHAPEL
FAMILY FRIENDLY 30-MINUTE SERVICE
WITH MUSIC, REFLECTION, PRAYER AND
HOLY COMMUNION



WEDNESDAY MORNING BIBLE STUDY

Meeting at 10:00 a.m. in the library or by ZOOM. All are welcome.

August 5th Eleventh Sunday after Pentecost

1 Kings 19:9-18 | *The Lord speaks to Elijah on Mount Horeb*

Romans 10:5-15 | *Hearing and confessing the word of faith*

Matthew 14:22-33 | *Jesus walking on the sea*

August 12th Twelfth Sunday after Pentecost

Isaiah 56:1, 6-8 | *A house of prayer for all peoples*

Romans 11:1-2a, 29-32 | *God's mercy to all, Jew and Gentile*

Matthew 15:21-28 | *The healing of the Canaanite woman's daughter*

August 19th Thirteenth Sunday after Pentecost

Isaiah 51:1-6 | *The enduring foundation of God's salvation*

Romans 12:1-8 | *One body in Christ, with gifts that differ*

Matthew 16:13-20 | *The profession of Peter's faith*

August 26th Fourteenth Sunday after Pentecost

Jeremiah 15:15-21 | *God fortifies the prophet against opposition*

Romans 12:9-21 | *Live in harmony*

Matthew 16:21-28 | *The passion prediction and rebuke to Peter*

Join Zoom Meeting: <https://us02web.zoom.us/j/82261589116>
or phone in to (346) 248-7799.

MEN'S MINISTRY

On summer hiatus - returning September 15th, 6:00 p.m.

At the Home of Bob Huhn 1348 Crestline Drive, Santa Barbara 93105

The topic will be "When Prayers Go Unanswered" in the 5th chapter of the book *Wrestling with Doubt - Finding our Faith*. All men are welcome. If you have not attended and would be interested in finding out more about our meetings, call or text Bob Huhn 805-886-4457



How to follow us on Instagram:

1. Log into your Instagram App or www.instagram.com
2. Type into the search bar **churchtrinitylutheran**
3. Click on the "Follow" button
4. Like, share, and comment on our post
5. Enjoy!



How to follow us on Facebook:

1. Log into your Facebook App or www.facebook.com
2. Type into the search bar **Trinity Evangelical Lutheran Church**
3. Click on the "Follow" button
4. Like, share, and comment on our post
5. Enjoy!



SPECIAL MONTHLY OUTREACH

Lutheran Disaster Response

Lutheran Disaster Response, a ministry of the ELCA, provides support for communities recovering from devastating storms by responding to urgent needs, providing emotional and spiritual care, and supporting cleanup and long-term recovery.

We are church together, and together we can reflect Christ's light and hope to our neighbors in their time of need.

Give online, by visiting telcsb.org/giving. Select first option, "Give Now," then scroll to: "Special Monthly Outreach," or scan this QR code.



GOOD EATS RESUMES

Thursday, August 27th 11:30 a.m. | Brass Bird Coffee and Kitchen (3102 State Street, Santa Barbara)

The Brass Bird has landed on upper State Street as an expansion from its Carpinteria roots. Coffee drinks, pastries, sandwiches, bakery items all served in a hospitable setting that showcases the ideal Santa Barbara environment. Join us as we try out this new café.

Please sign up with Peggy Faulk or Jamie in the church office. Reservations are needed by Monday, August 24th.

Hope to see you there☺ | 805-588-5240 | kap1976@hotmail.com



MIDWEEK WALKERS

Walking Route: 9:30 a.m. Every Tuesday

4 August - **Mesa Neighborhood** (In front of Mesa Cafe - 1972 Cliff Drive)

11 August - **Lake Los Carneros** (N. La Patera Lane & Momouth Avenue)

18 August - **East Beach** (West Lot of Cabrillo Pavillion, 90 min. free spaces)

25 August - **400 Block Arroyo Rd Neighborhood** (Arroyo Road & Mint Lane)

All are welcome to join in the walk and if you work up a decent appetite, stay for the talk at breakfast or coffee. (Usually commences at 10:30 a.m.)

MIDWEEK TALKERS

Coffee: 10:30(ish) a.m. Every Tuesday

4 August **Mesa Cafe**, 1972 Cliff Drive, Santa Barbara

11 August **Domingo's Cafe**, 5782 Hollister Avenue, Goleta

18 August **Mesa Cafe**, 1972 Cliff Drive, Santa Barbara

25 August **Cody's Cafe**, 4898 Hollister Avenue, Goleta

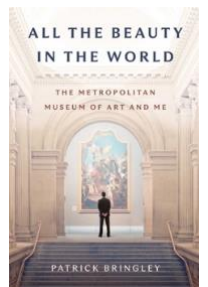
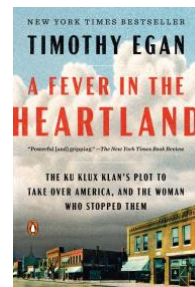
BOOKBINDERS

Sunday, August 23rd, 1:00 p.m. *Fireside Art Galley*

A Fever in the Heartland by Timothy Egan

All the Beauty in the World by Patrick Bringley

We will discuss two short books. *A Fever in the Heartland* depicts the plot of the Ku Klux Klan to captivate America, and *All the Beauty in the World* details the author's captivation by beauty found in the New York Metropolitan Museum of Art.



NEW WEBSITE

Our website has a fresh new look and is now live, though a handful of photos are still being taken over the next few weeks and will be added as they're ready. Check it out at telcsb.org! If you have any feedback, suggestions, or critiques, I'd love to hear them at vicar@telcsb.org.



BIRTHDAYS

- 2 Aislinn Birkhahn
- 4 Scott Lillard
- 4 Mark Marius
- 7 Hudson Nash
- 15 Kathy Person
- 16 Chanin Birkhahn
- 16 Judi Brooks
- 16 Kelly Onnen
- 20 Cindy Lokre
- 23 Greg Hanson
- 23 Kathy Olson
- 25 Andrea Schenker
- 27 Hildegard Lillard
- 29 Betty Jeppesen



- 2 Bruce & Jean Wollenberg
- 8 Roger & Joan Cartwright
- 14 Ron & Chanin Birkhahn
- 19 Phil & Mary Jane Archenbronn
- 20 Harry & Judy Sims
- 28 Bob & Ann Townsend
- 29 LeRoy & Sherry Hunt
- 30 Ron & Sandi Marotto

PLEASE REMEMBER IN YOUR PRAYERS

Missionary:

The Reverend Dorcas Wang (*Beijing, China*)

Local Ministries:

Grace Food Pantry, Interfaith Sanctuary Alliance, Lutheran Retreats/Camps/Conferences, Parents/Families of Lesbians & Gays, Santa Barbara Clergy & Laity United for Economic Justice, Trinity Gardens, Transition House, Villa Majella



Church Family:

Karen Anderson, Mary Jane Archenbronn, Dorothy Burkhart, Bob Burtness, Mary Christenson, Joan Cartwright, John Chatenay, Roy Fuentes, Virginia Gough, Rolly Lokre, Bill & Nancy Kelly, Betty Meyer, Peggy Morin, Lorraine Pettijohn, Emil Richter, John Santrizos, Marshall Sittig, Nina Thompson, Ann & Bob Townsend, Stephan Weeks, Karen Wilson

Extended Family and Friends:

Kate (*J. Hubbard friend*); Jim (*N. Biergiel's Dad*); Dianne, Crystal (*J. Swanson's nieces*); Carol (*M.J. Archenbronn kin-in-law*); Larry, Kryztofr (*B. Jeppesen's spouse/friend*); Ashlyn (*R. Risdall's granddaughter*); Dorothy (*J. Chatenay's sister-in-law*); Kevin (*V. Gough's son*); Lynn, Tiffany (*P. Morin's friend, caregiver*); Casondra, Karen (*S. Prindle's friends*); Jacqueline (*S. Schuk's daughter*); Randy & Sela (*Sittigs friends*); Troy; Mary, Steve (*N. Schmahl's friends*); Blanchard family (*D. Lewis's relatives*); Laura & Beverley, Stan (*L. Severance's friends/family*); Tatiana, Iryna, Timu and Yury (*Ukrainian community*); Keith and Sharon, Michael (*R. Iverson's family*); Eleonora (*K. Szopa's mom*)

LIVESTREAM RECORDINGS

Link - <https://www.youtube.com/channel/UCAcciKlkalPsmMrKccVZIQA>

We offer livestream recordings of each worship service through YouTube. A bulletin is sent out via our Constant Contact emails. These recordings can be watched at your leisure by selecting the "Live" tab on our YouTube channel and choosing the service you would like to view.

TRINITY'S SUPPORT FOR OUR IMMIGRANT NEIGHBORS

Trinity Evangelical Lutheran Church of Santa Barbara stands firm with our resident immigrant community. We welcome you here, as a child of God, regardless of legal status. Our place of worship is a safe haven for you, a sanctuary in troubled times.

TELCSB

Here at Trinity Lutheran Church, God creates faith and transforms lives.

As a *Reconciling in Christ* congregation, we welcome all people regardless of race, ethnicity, sexual orientation, gender identity, ability, age, or social-economic status.

Together, as imperfect human beings, we strive to love and accept one another as God loves and accepts us. We seek God's will; we pursue justice and peace for all; and we care for God's gift of the earth. At Trinity, all can question, explore, and grow in faith.

TRINITY'S MISSION STATEMENT:

Guided by the Holy Spirit, we strive to:

LOVE all persons in Jesus Christ;

NURTURE the family of faith through reaching out, welcoming, teaching, learning and worshiping;

SERVE and CARE for each other through Christ-centered giving of ourselves;

SHARE the unconditional love of Christ in all our relationships; both local and global.

TRINITY EVANGELICAL LUTHERAN CHURCH
909 North La Cumbre Road, Santa Barbara, CA 93110



All Are Invited

THE REVEREND MARK A. MARIUS | *Pastor*
VICAR TANJA HELMERT | *Pastoral Intern*
MS. MI-YOUNG KIM | *Director of Music*
MS. SHARON HEAD, RN | *Parish Nurse*
MS. JAMIE HUBBARD | *Office Administrator*



Office: 805 687-1577 | Web: www.telcsb.org | E-Mail: office@telcsb.org

Office Hours: Monday - Friday 9:00 a.m. - 1:00 p.m.

Sunday Worship: 9:30 a.m. Sanctuary/Livestream | 5:00 p.m. August 9th & 23rd Chapel

TRINITY EVANGELICAL LUTHERAN CHURCH

909 N La Cumbre Road
Santa Barbara, CA 93110