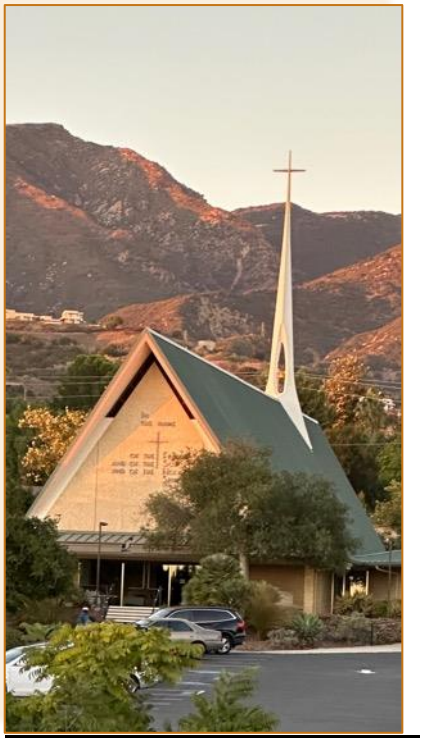
TRINITY
LUTHERAN CHURCH

GLAD TIDINGS

Trinity Evangelical Lutheran Church • Santa Barbara • CA

Volume LXX | Issue 11
November 2026



Deuteronomy 8:7-10

7 "The Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey, 9 a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. 10 You shall eat your fill and bless the Lord your God for the good land that he has given you.

THE CHURCH YEAR ENDS

Eat. Drink. And be Merry. This is what so many of us long for when the calendar turns to November and the Holiday season commences. We want to be able to set our burdens down and enjoy ourselves without a care in the world. But that is not always possible nor is it how God wants us to act in the world. We may want to ignore the challenges that our communities face, turn a blind eye to injustice, in order to raise a glass to our own good fortune.

But that's not to say that God does not want us to enjoy ourselves or refrain from feasting. God just calls us to not do it at the expense of others or outside of the Kingdom of God. As we hear our scriptures assigned for our final weeks in the church year, we are called to confront end times, let God get rid of our chaff, and to care for those in need.

These are things that bring about God's goodness to us and the world, and allow us to enjoy the banquet God set before us. Don't fear the end. Because a new hope is coming, a renewal of God's promise. Be thoughtful and thankful Trinity.

Pastor Mark



Pastor Mark and Dr. Kim at CLU



Pastor Mark giving thanks



Trinity Members on hand for the Christus Merit Award at CLU

WORSHIP NOTES

Sunday, November 1st
All Saints Sunday
9:30 a.m. *Sanctuary/Livestream*

We will celebrate and remember the lives of those who passed away since November 1 of 2025



Sunday, November 8th
24th Sunday after Pentecost
9:30 a.m. *Sanctuary/Livestream*

5:00 p.m. *Chapel*
Evening Prayer
with Holy Communion

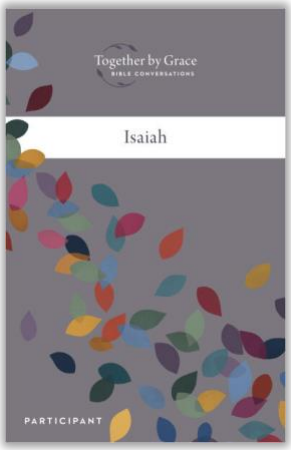
Sunday, November 15th
25th Sunday after Pentecost
9:30 a.m. *Sanctuary/Livestream*

Sunday, November 22nd
Christ the King Sunday
9:30 a.m. *Sanctuary/Livestream*

5:00 p.m. *Chapel*
Evening Prayer
with Holy Communion

Sunday, November 29th
1st Sunday of Advent
9:30 a.m. *Sanctuary/Livestream*

NOVEMBER ADULT EDUCATION



Sunday, November 8h *11:00 a.m.* | *Library*

Chapter 5: Cultivating Hope Where None Should Grow | Isaiah 41:14-20

We turn to Isaiah 41:14-20, where strength arises not from power or status but from the courage of those who choose to take a dangerous journey through a dry and weary land. Even though they feel small and powerless, they will discover that they are anything but.

Sunday, November 15th *11:00 a.m.* | *Library*

Chapter 6: Healing from Wounds | Isaiah 52:13—53:12

We will explore another scripture text from the prophet about renewal and redemption—but this time, it is explicitly tied to human suffering in mysterious but powerful ways.

Sunday, November 22nd *11:00 a.m.* | *Library*

Chapter 7: A City Reborn | Isaiah 60: 1-11

We turn to one of Isaiah's most luminous and hope-filled visions of a world profoundly reordered.

Sunday, November 29th *11:00 a.m.* | *Library*

Chapter 8: Liberty and Release for Prisoners| Isaiah 61: 1-11

Isaiah 61 echoes this session's hopeful vision, inviting readers to reimagine a world transformed into something fundamentally new, freed from defeat and shame.



November 2026

Parish Nurse | Sharon Head, RN

GRATITUDE ENHANCES HEALTH, BRINGS HAPPINESS

By Sharon Head, RN

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In many ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people can acknowledge the good in their lives. In the process, people usually recognize that the source of that good is, at least partially, outside of themselves. As a result it helps people connect to something larger than themselves — whether to other people, nature, or a higher power.

Acts of gratitude can be used as a therapeutic complement for treating anxiety and depression and can increase positive feelings and emotions in the general population. The NIH meta-analysis demonstrated that patients who underwent gratitude interventions experienced greater feelings of gratitude, better mental health, and fewer symptoms of anxiety and depression.

Gratitude is a way for people to learn to appreciate what they have, instead of reaching for something new in the hopes it will make them happier or feeling unsatisfied unless every physical and material need is met. It helps people focus on what they have instead of what they lack. Although it may feel contrived at first, this mental state grows stronger with use and practice. When people feel appreciated it changes the way they work together. In a UCSD study when teammates thanked one another before a stressful task they felt more up for the challenge as if they had each other's back. It is that sense of connection that can make any team, relationship, or family household more resilient when under pressure.

Robert Emmons, professor at UC Davis and perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components, which he describes in a Greater Good essay, "Why Gratitude is Good." First, he writes, "it's an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received." In the second part of gratitude, he explains, "we recognize that the sources of this goodness are outside of ourselves.... We acknowledge that other people—or even higher powers, if you're of a spiritual mindset—gave us many gifts, big and small, to help us achieve the goodness in our lives."

Few things transform a human life like giving thanks. Scripture calls us to it. 1Thessalonians 5:18 states," Give thanks in all circumstances; for this is the will of God in Christ Jesus." Psalm 107:1 states, "Oh give thanks to the Lord, for he is good, for his steadfast love endures forever." Psalm 9.1 states, "I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds."

The approaching holidays may be a time for you to reflect upon the blessings in your life. Some excellent practices are to keep a gratitude journal, write thank you notes, meditate or pray. Let us also acknowledge that the holidays can be hard or bittersweet for some who are grieving or facing financial strain. As we sit around the table this Thanksgiving let us remember when giving thanks that God is the ultimate source of all good things.

Blessings, Sharon

REMEMBERING OUR PAST, CELEBRATING OUR FUTURE

Shhh! Rock Hudson Weds at Trinity

As we approach our 125th anniversary next year, we will continue to highlight interesting events from our history. Here is a page from the "Marriage Record" from 1955 showing that Roy Harold Fitzgerald (stage name "Rock Hudson") was secretly married to Phyllis Gates on November 9, 1955, by Pastor Thorpe when Trinity was located on Bath Street. There is a notation that no information was to be given about this to anyone!

[The marriage "in Santa Barbara" became known anyway.]

240

1955

Marriage Record

1955

No.	NAME AND RESIDENCE OF GROOM	Age	NAME AND RESIDENCE OF BRIDE	Age	Date of Marriage	WITNESSES
1.	Bennie Robert Bettencourt San Luis Obispo, Calif	60	Edna Josephine Seeber Santa Barbara, Calif.	52	1/31, 55	Maurice A Ebeda Elsie W. Ebeda
2.	Findlay Alexander Carter Glendale, Calif	50	Marie Le Clair Burbank, Calif	50	1/31, 55	Helen L Thorpe
3	James Lee Friedly Santa Barbara, Calif	25	Mary Lee Romer Santa Barbara, Calif.	18	4/3, 55	Frank Elliot Nancy McDonald
4	Eubard Keller Santa Barbara, Calif	25	Brigitte Christel Bruehn Santa Barbara, Calif	18	5/9, 55	John Palacios Jr Dorothea Palacios
5	Robert Joseph Preston Santa Monica, Calif.	25	Ardis Elaine Hommerberg Santa Monica, Calif.	23	6/4, 55	Helen L Thorpe
6	Robert E Maynard Loeb Jr	22	Geraldine Estelle Rhodes	20	6/11, 55	James T. Leake
7	Roy Harold Fitzgerald (movie name Rock Hudson) LA. Calif.	29	Phyllis Lucille Gates Los Angeles, Calif.	29	11/9, 55	
8						
9	Ralph Louis Troegler Point Mugu, Port Hueneme, Calif	21	Alice Ruth Eisner Santa Barbara, Calif	22	11/25, 55	Elwyn H Baker Jean Stevenson



The above photo shows the couple with a wedding cake the day after they eloped, announcing to the world their marriage.

THANK YOU, TRINITY

Dear friends at Trinity,

Thank you for the cards, the kind words, and the generous gifts you gave me at the end of my internship. Your many messages of encouragement really mean a lot to me as I am continuing my journey toward ordination.

With gratitude, *Tanja*

VICAR UPDATE:

On Sunday, October 25th (Reformation Sunday), Christ Lutheran Church, Goleta held a special congregational meeting to vote on the call committee's recommendation to call Tanja Helmert as their next pastor. The vote passed! *Now we wait for Tanja's ordination to be scheduled with Bishop Bos's schedule.*



We welcome you to participate in the Scandinavian Christmas Market and Trinity Lutheran Church Bazaar!

We will have crafts for kids hot chocolate on the patio, a tree lighting, and Christmas music. You can take a photo with Santa!

We plan to sell:

- Imported Scandinavian goods (woodcrafts, linens, ceramics, toys, candles)
- Santa Barbara artisan crafts ranging from jewelry to pottery to small artworks.
- Christmas cactus and poinsettias and wreathes
- Handmade items from Trinity Gardens

How you can help

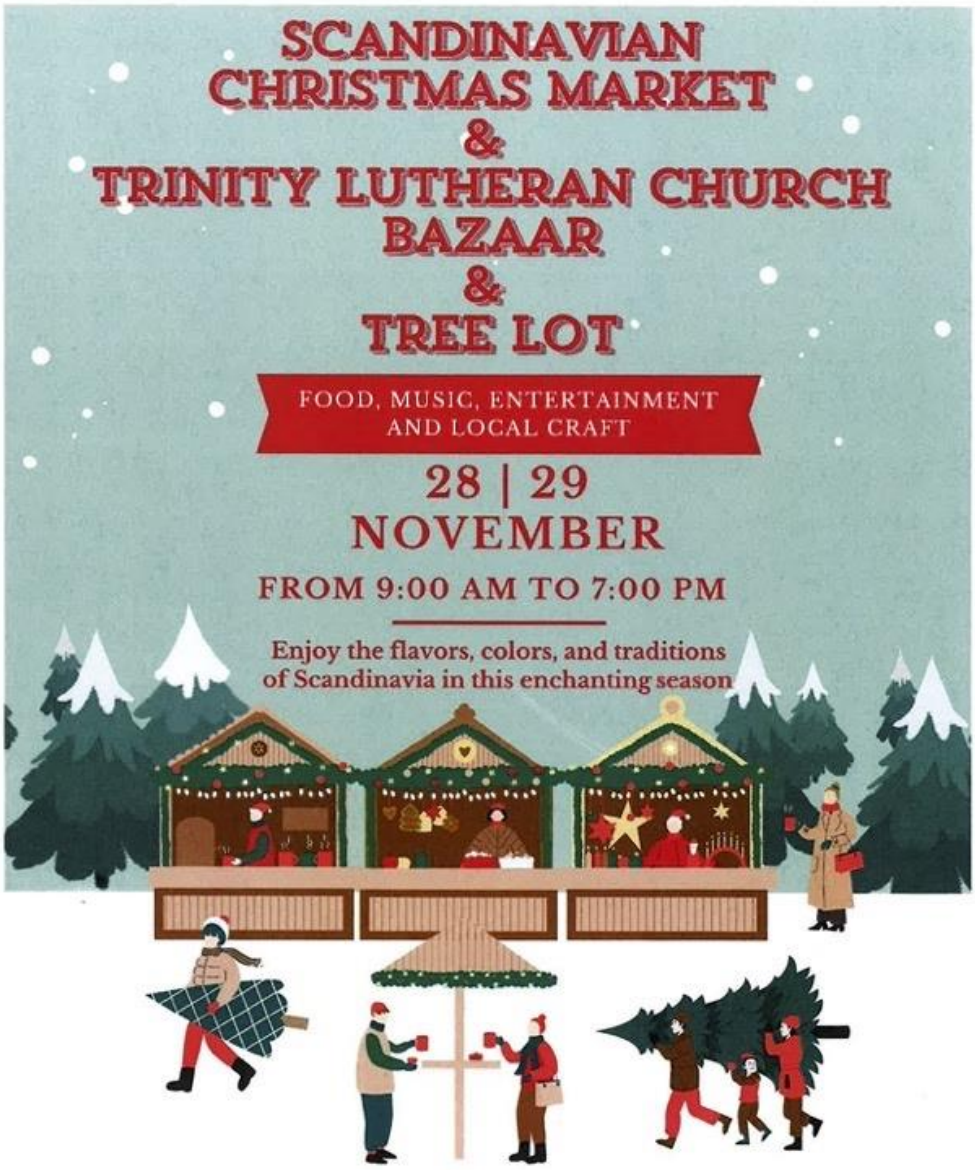
DONATE! We are looking for the following items:
1. Homemade goodies (breads, candies, canned jams, Christmas cookies, etc.)
2. Handmade items: knit or crochet items (caps, scarves, etc), embroidered items (table runners, napkins, tablecloths, etc.) quilts, handmade toys, wooden birdhouses..whatever your talents are!
3. Recycled, gently-used Christmas decorations: Nordic-themed or American welcomed
4. New or gently used kids' books and toys

VOLUNTEER! We are looking for volunteers for the following:
Help with setup on Wednesday the 25th
Help at the market on Friday the 27th or Saturday the 28th
We need help with set-up and clean-up; cashiers; servers, musicians, help at vendor tables, and kids' crafts helpers, Christmas Tree Lot helpers. We could even use a Santa**!**

This event will be held at the same time as the opening of the Christmas Tree Lot and will support Trinity Gardens, Grace Food Pantry, and the mission programs of our church.

Thank you so much!
Questions?? Ask Judy Larson, Ruth Reverdy, Heidi Morton or Rhonda Skipper





Trinity Lutheran Church 44th Annual

Christmas Tree Lot

Opens Saturday, November 28, 2026
Weekend Hours: 9:00 am - 7:00 pm
Weekday Hours: 4:00 pm - 7:00 pm



Noble Fir Trees 3' - 8'
Douglas Fir Trees 4' - 8'
Nordmann Fir Trees 3' - 8'
Holiday Wreaths



Explore Our Scandinavian Christmas Market During Lot Hours!

Proceeds benefit Trinity Gardens, Grace Food Pantry & Church Mission
office@telecsb.org or 805.687.1577



Blessing of the Animals

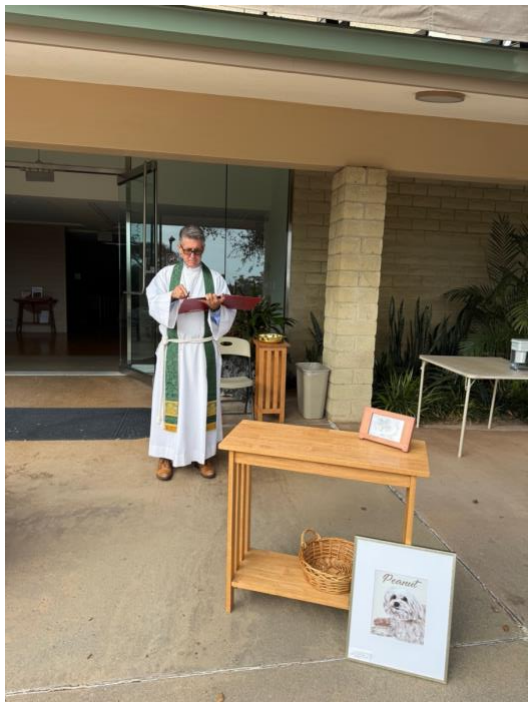
On Sunday, October 11th our evening service was dedicated to the Blessing of the Animals. Worshipers were invited to bring their pets to the outdoor service so they could receive an individual blessing and treat. Many dogs came wagging their tails and a couple of rabbits twitching their noses. We also remembered pets who are no longer with us, but whose bonds of love remain steadfast.











WEDNESDAY MORNING BIBLE STUDY

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

November 4th Twenty-fourth Sunday after Pentecost

Amos 5:18-24 | *Let justice roll down like waters*
1 Thessalonians 4:13-18 | *The promise of the resurrection*
Matthew 25:1-13 | *The story of the wise and foolish bridesmaids*

November 11th Twenty-fifth Sunday after Pentecost

Zephaniah 1:7, 12-18 | *The day of the Lord*
1 Thessalonians 5:1-11 | *Be alert for the day of the Lord*
Matthew 25:14-30 | *The story of the slaves entrusted with talents*

November 18th Christ the King Sunday

Ezekiel 34:11-16, 20-24 | *God will shepherd Israel*
Ephesians 1:15-23 | *The reign of Christ*
Matthew 25:31-46 | *The coming of the Son of Man; separation of sheep/goats*

November 25th First Sunday of Advent

Isaiah 64:1-9 | *Prayer that God would come with power and compassion*
1 Corinthians 1:3-9 | *Gifts of grace sustain those who wait for the end*
Mark 13:24-37 | *The sudden coming of the Son of Man*

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

SPECIAL MONTHLY OUTREACH

Members in Need



Every November Trinity comes together as a community to help support members and friends in need who are on a fixed budget, have unexpected expenses, or just need some financial assistance during our holiday season.

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

THE 4th ANNUAL LADIES' ADVENT LUNCHEON



Saturday, December 5th | 11:00 a.m.
Mulligan's Restaurant (SB Public Golf Course)

We will enjoy the Christmas Season with music, fellowship, food, and fun in celebration of the birth of our Savior. This year our guest speaker is Bridget Bottoms from Villa Majella. Lots of baby items are often donated to Villa Majella and our goal is to create ten "Welcome to Motherhood" baskets for the organization. If you would like to help, please see Peggy for a list of requested items.

Donation Boxes will be in the office and the narthex until December 1st.

The cost is $27 per person, which covers your meal, tip, and services. Please make your reservation and payment to the office or to Peggy Faulk by December 1st. Make checks out to Trinity Lutheran Church. Call Peggy Faulk at [redacted] if you have any questions.

THANK YOU FOR THE COMMUNION WINE

Our Ingathering on Reformation Sunday collected about half of our yearly need for Sacramental Communion wine. We appreciate your generosity and participation in sharing God's gifts with our worshipping community.

An annual program of the Greater Santa Barbara Clergy Association

INTER-FAITH THANKSGIVING SERVICE

TUESDAY, NOVEMBER 24TH, 2027
7:00 PM

Join us for a beautifully collaborative service of prayer, song, fellowship and mutual respect for all our unique faith traditions.

Cantor Mark Childs of Congregation B'nai B'rith will be leading a community choir.

Feel like singing?
Email cantor@cbbsb.org for music.

FIRST UNITED METHODIST CHUCH of SANTA BARBARA

305 E. Anapamu Street

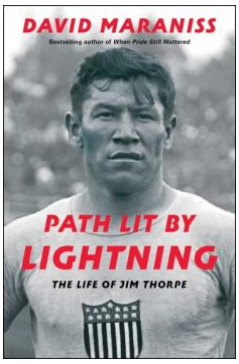
For more information call or email
(805)963-3579 | office@fumcsb.org

Donations Support Adam's Angels

BOOKBINDERS

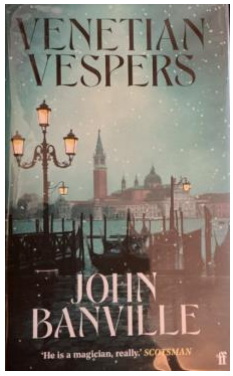
Sunday, December 6th, 1:00 p.m. *Fireside Art Galley*

Path Lit by Lightning: The Life of Jim Thorpe by David Maraniss | *The Longer Read*



Jim Thorpe rose to world fame as a mythic talent who excelled at every sport. He won gold medals in the decathlon and pentathlon at the 1912 Stockholm Olympics, was an All-American football player at the Carlisle Indian School, the star of the first class of the Pro Football Hall of Fame, and played major league baseball for John McGraw's New York Giants. Even in a golden age of sports celebrities, he was one of a kind.

But despite his colossal skills, Thorpe's life was a struggle against the odds. As a member of the Sac and Fox Nation, he encountered duplicitous authorities who turned away from him when their reputations were at risk. At Carlisle, he dealt with the racist assimilationist philosophy "Kill the Indian, Save the Man." His gold medals were unfairly rescinded because he had played minor league baseball. His later life was troubled by alcohol, broken marriages, and financial distress. He roamed from state to state and took bit parts in Hollywood, but even the film of his own life failed to improve his fortunes. But for all his travails, Thorpe did not succumb. The man survived, complications and all, and so did the myth.



Venetian Vespers by John Banville | *The Shorter Read*

A psychological thriller and historical crime novel by Booker Prize-winning Irish author **John Banville**, published in late 2025. Blending the meticulous atmosphere of historical fiction with the sharp, cynical twists of a noir thriller, the book serves as a stylized, Jamesian dive into paranoia, narcissism, and deception.

MIDWEEK WALKERS

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

3 November **Mesa Neighborhood** *(In front of Mesa Cafe - 1972 Cliff Drive)*
10 November **Lake Los Carneros** *(N. La Patera Lane & Momouth Avenue)*
17 November **East Beach** *(West Lot of Cabrillo Pavillion, 90 min. free spaces)*
24 November **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

3 November **Mesa Cafe,** *1972 Cliff Drive, Santa Barbara*
10 November **Domingo's Cafe,** *5782 Hollister Avenue, Goleta*
17 November **Mesa Cafe,** *1972 Cliff Drive, Santa Barbara*
24 November **Cody's Cafe,** *4898 Hollister Avenue, Goleta*

Good Eats *and* Men's Ministry

Are on hiatus for the remainder of the year and will return in January 2027.



[redacted]



[redacted]

PLEASE REMEMBER IN YOUR PRAYERS



Missionary:

The Reverend Dorcas Wang *(Beijing, China)*

Local Ministries:

Grace Food Pantry, Interfaith Sanctuary Alliance, Lutheran Retreats/Camps/Conferences, PFLAG, Santa Barbara Clergy & Laity United for Economic Justice, Trinity Gardens, Transition House, Villa Majella, Cal Lutheran University

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:

Anne *(D. Oftebro's friend);* Matthew *(K. Szopa's cousin);* Jim *(N. Biergiel's Dad);* Dianne *(J. Swanson's niece);* 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);* Tiffany *(P. Morin's caregiver);* Casondra, Karen *(S. Prindle's friends);* Jacqueline *(S. Schuk's daughter);* Randy & Sela *(Sittigs' friends);* 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, *(R. Iverson's family)*

LIVESTREAM RECORDINGS

Link - https://www.youtube.com/channel/UCAcciKIkalPsmMrKccVZIQA

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.

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.

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

TRINITY LUTHERAN CHURCH

THE REVEREND MARK A. MARIUS | *Pastor*
DR. MI-YOUNG KIM, DMA | *Director of Music*
MS. SHARON HEAD, RN | *Parish Nurse*
MS. JAMIE HUBBARD | *Office Administrator*

All Are Invited

Evangelical Lutheran Church in America

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. November 8th & 22nd *Chapel*

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