

The Epistle

Trinity Lutheran Church

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Nampa, ID 83651

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Our Mission Statement

Trinity Lutheran Church is a place to gather, refresh the faithful, and reach out with word and service to all others through the Holy Gospel.

October 2024

FROM THE



It's Still Hot but "Fall" is Here!

October is almost here. That means that life at Trinity Lutheran will be kicking into high gear.

Some of you may not have noticed anything slowing down at church this summer.

Despite people traveling to visit family, friends or cabins, our worship services have continued to be quite full. Despite no Intergenerational Sunday School, our Tuesday Study group has continued to meet and learn. Although there have been fewer committee and Council meetings this summer ministry is still being accomplished in, through, and by Trinity members. A VanAtter pickup truck completely full of school supplies for the students on the Duck Valley Indian Reservation is only one small example of what we have accomplished this summer.

Now we are looking forward to more outreach through our Annual Pet Blessing Service on the lawn on October 9. Invite your friends and neighbors to this special service.

Rev. Phil Misner, Assistant to the Bishop, will be with us on Sunday, September 29.

He will be with us for worship and fellowship time. Come and meet him and hear about the Synod's Call process.

The members of one or two committees will be blessed each month during worship throughout this

next year. Don't miss the Sunday of your committee!

Here is to a dynamic year at Trinity.

Pastor Barbara

October – National Depression and Mental Health Screening Month

I have never written an article like this for a church newsletter, but this seemed like an appropriate time to do so. October is Depression and Mental Health Screening Month. This is personal for me.

I have lived with Clinical Depression since my teenage years. I grew up in a home where such things were not discussed. In High School, when I did ask for help, my mother's response was "we can't take you to see anyone. What if they neighbors found out?" She was more fearful of social stigma than her daughter's mental health. She also never admitted that she too suffered from severe depression because she was fearful of the social stigma.

It wasn't until 1995 and years of therapy that I realized that part of the issue was my brain chemistry was off. That the depression was partly physical and so needed some physical (chemical) intervention. It was then that I went on my first antidepressant medication. I was blown away by the difference. I suddenly realized how other people's brains worked differently from mine. I also found it much easier to be the joy-filled, easy going person that I had been as a young child. Since

then, I have learned the red flags that tell me I need to tweak or change medication. Recently, I experienced some of those red flags and reached out to my Psychiatric N.P. for a tweak in dosage.

When I became a pastor, I decided to be open about my disease to help others who may be suffering in silence. Having depression or another mental illness is not a moral failure or lack of faith issue. You can't just "buck up" and be well. It isn't an issue of "being sad". It is a physical, chemical malfunction in brain chemistry. Talk therapy can be very helpful but ultimately many people need to be treated with medication to bring their brain chemistry back to "normal". Just like diabetics need medication or insulin to bring their bodies back to "normal".

During October, if you or a loved one have been struggling with depression, I encourage you to talk to your doctor, talk to me, or seek out resources online. NAMI Treasure Valley is a good place to start. Please don't just suffer in silence. People who understand are closer than you realize.

Pastor Barbara

News from Church and Community



September Noisy Offering on Sunday, September 29th is to welcome our new neighbors (teachers & staff) at West Learning Center (WLC). It was West Middle School in previous years. The Nampa School District reallocated several schools this summer, West Middle School as well as the three at WLC are some of those that were impacted. Our new neighbors are a combination of three schools combined onto one campus. 1) Union High School is Nampa's innovative school that helps students learn through non-traditional methods with an emphasis on individual learning. It's a "Big Picture" approach. 2) Nampa Academy has grades 9-12 where students focus on fewer goals at a time, has flexible days; more individual instruction; more independent work & highly reinforcing. 3) RISE is for students in grades 6-12 who have had disciplinary issues in the traditional schools. At RISE, students can meet their academic as well as behavioral needs. The monies raised from the noisy offering on Sunday September 29th will be used to purchase snacks for the hard working & creative teachers and staff that work at these three schools at the West Learning Center. We want to

welcome them to our neighborhood and thank them for working with our Nampa students!



**American
Red Cross**

**RED CROSS BLOOD
DRIVE!** – The American Red Cross has declared an emergency for

current blood supply levels. The Red Cross is working diligently to address this issue. Trinity Lutheran Church is working to help the Red Cross out by hosting a blood drive on **October 2nd** from 10AM to 3PM at Trinity Lutheran Church. Please visit the Red Cross site to reserve your time and help to address this emergency. Thanks!

ELCA WORLD FOOD DAY – 10-15-2024. We are collecting through 10-20-2024. You may contribute to this project in two different ways. First – Make checks payable to "Trinity Lutheran Church" and put on the memo line "Food Day". Second option would be to contribute cash. There is a container (bank) on the name tag table in front of the poster for the event. We will just send one check from Trinity Lutheran Church with a combined amount from both participation options. Please see the poster for more details regarding this event.



The **Flower sign-up chart** is on the bulletin board in the long hallway. Bring flowers in memory or honor of someone.



Women's Lunch – October

Women's Luncheon Tuesday, October 29th at 11:30 at Sharis. All are welcome!

ENDOWMENT COMMITTEE

About 20 years ago a member of the congregation left an endowment gift to protect Trinity from debt default. That gift was invested. An endowment committee was formed to maintain the integrity of the principal and to assure continued earnings from the investment. The principal now includes that original gift plus subsequent contributions and 10% of annual earnings each year. All assets are held under the "Trinity Lutheran Cares Fund." No portion of the income generated by the fund shall be used for the annual operating

budget of the congregation. The growth of the fund has reached the predetermined point where the previous year's annual earnings can be distributed according to an approved formula including but not limited to the following:

Capital improvements to Trinity Lutheran Church, Nampa and it's ministries; Northwest Intermountain Synod of the ELCA.

Suggestions for distributions are encouraged from the congregation. The endowment committee shall recommend distributions to the congregation council, who shall, in turn, upon approval, pass the recommendation on to the congregation at a legally called annual or special meeting of the congregation for a vote.

GOSPEL & GROWTH - is focused on gathering entries for the 2024 Advent Daily Devotional Booklet; these are due October 27th. We will host the Pet Blessing service on the church lawn on Wednesday, October 9th from 6:30 - 8:00 pm. People are asked to bring their pets (or photos of their pets) and invite their animal-loving friends to join us. There will be paw-shaped cookies for humans and dogs, and blessing certificates. On Monday, November 4th (Election Day eve) Trinity will host a drop-in Prayer Vigil, open to the community. We offer this as an opportunity to step back from pre-election concerns. (Penelope Smith)

STEWARDSHIP - has organized 4 cottage meeting gatherings, held at members' homes. 16 have attended, with two opportunities: 9/19 evening and 9/23 afternoon. 14+ months into the vacancy, attendees have shared what they feel is going well at Trinity, their concerns, their suggestions, and their goals. As we continue to gather the "time & talent" volunteer sheets, we are also planning the Fall financial appeal. Our "Year of Welcome" event for September was the Ice Cream Social on 9/8. (Penelope Smith)

CHURCH IN COMMUNITY – Our Celebration Sunday the 8th of September was very successful. We had more than 21 new shirts ordered. Plus

everyone that previously had our outstanding Golden shirts wore them. What a way to show the community that Trinity Lutheran Church has a mission to celebrate God's mission. Our ELCA mission the 8th was funded by a grant from Thrivent, our Lutheran non-profit financial fortune 500 company. We purchased eight Boxwood shrubs to improve the landscape on 8 residential units for Trinity New Hope. In the picture, however, WE had many more than 18 participants involved in celebrating and planting on Sunday. What a great God's Work Our Hands mission accomplished on the eleventh anniversary! (Lloyd Kellar)

CELEBRATE FALL WITH TRINITY'S OKTOBERFEST! SATURDAY, OCT. 12TH

The Hospitality Committee and Trent Glover will host our Oktoberfest at Trent's home, 849 Sherman Way, Nampa. Festivities will be held from 5:00 pm - 9:00 pm. Please see the sign-up sheets in the Narthex in front of the Call Committee foam-board to find out what will be provided and what you can bring. This is an opportunity to invite friends to experience the "lighter side" of a church community. Fun for all ages! Questions? Talk to Trent, Elizabeth Schnabel, Edith Hannett, or Pastor Barbara.

HEALING SERVICE – OCTOBER 20th

St. Luke's Feast Day is October 18. Luke, the writer of the Gospel of Luke and The Acts of the Apostles. Luke was a physician who sometimes traveled with Paul. In celebration of St. Luke's Feast Day, we will be offering a time of healing prayers in the midst of our Sunday morning service on Oct. 20th. You will be invited to come forward to the rail during this time to receive anointing with oil and prayers for healing. Healing isn't just about physical ailments. It may be healing from certain emotions, healing for relationships, healing for hurtful actions thoughts, words. Whatever you may feel that you need healing for or from.

NOTICE FOR ALL SAINTS SUNDAY – Nov. 3

This year on All Saints Sunday there will be a table in the back of the sanctuary for people to place a picture of a loved one – person or pet – who has died. You may bring a 'linking object' if you don't have a picture. A 'linking object' is something that you have kept that 'links' you to your loved one. Such as a pipe of my father's, or a collar from one of my dogs. There will also be ribbons to write the name of your loved one on. You may take the picture or linking object home that day, but we will keep the ribbons until December 18.

On December 18 we will once again offer A Blue Christmas: A Service of Remembering after our Holden Village Evening Prayer service. We will offer the ribbons up to the bonfire on the back patio that evening in a gesture of release.



PET BLESSING!

October 9th at 6:30PM.
Bring a pet (or a picture) for a pet blessing. Remembering St. Francis. Receive a certificate.

There will be treats for pets and for their favorite people as well!

LUTHER HEIGHTS CAMP CHRISTMAS! - You're invited to Luther Heights' second annual Camp Christmas! Come join us for crafts, activities for all ages, camp style worship, and more as we celebrate Advent, Christmas, and Epiphany!

Treasure Valley Event is December 8th at King of Glory Lutheran Church. A \$30 or more donation per family is appreciated but not required. All ages are invited! Please RSVP to info@lutherheights.org or call the office at (208) 886-7657. Please include your name, email and number of people that are interested in coming. More information about this fun event to come soon.

COTTAGE MEETINGS - Our thanks to the 32 people who attended one of the four cottage meeting gatherings in September. Your feedback and suggestions were most valuable. We are grateful to our host households, and to the members of Call Committee and Church Council who had answers to many of our questions. And, it just felt good to get together in a casual setting, to hang out with each other for a while, and to be

reminded that family relationships are created by more than just blood and marriage!

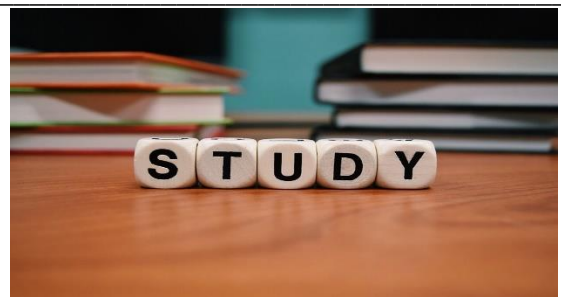
TRINITY CALL COMMITTEE UPDATE

In June, the committee met with Phil Misner, Assistant to the Bishop of Northwest Intermountain Synod, to conduct a "mock" training interview and refine interview questions for future pastor candidates. In July, Kim Mills, Karissa Armbrust and Pastor Condon modified the Trinity Ministry Site Profile to address questions about compensation and to update reports that were available. The updated MSP was reposted to the ELCA website. The committee chair has contacted Synod about availability of pastor candidates. The committee is planning a meeting for September to discuss candidates, pastor compensation, shared parsonage potential and supporting Stewardship Committee Cottage meetings proposed for this fall. Please contact any committee member if you have questions. Call Committee: Kim Mills, Karissa Armbrust, Steve VanAtter, Donna Benoit, Cedar Hilger or Jeff Henderson.



TUESDAY STUDY GROUP

2-4 pm Tuesday afternoon in the Koinonia Room. All are welcome even if you haven't been before. We are currently learning about the development of Christian theology and the history of Christianity. Even if you haven't completed the reading or don't have the book, come for the discussion.



ETERNAL HOPE – EARTHLY CONFIDENCE: A WORKSHOP FOR ALL AGES –

SATURDAY, OCTOBER 5th 9 am – 1:30 pm @ Immanuel Lutheran Church.

Registration closes tomorrow, September 30th. Call 208-344-3011 or email Office@ILBoise.org to register. Topics to be covered in this timely workshop: Developing Tools for Difficult Conversations, Get Your Documents in a Row – Estate Planning Concepts, Assist Parents and Siblings, Create an Appropriate Farewell, and

Handle Grief: Before, During and After. Cost: \$5.00.
Refreshments and a light lunch will be provided.

Statistical Comparison for August - September

<u>2023</u>		<u>2024</u>	
<u>Date</u>	<u>Attendance</u>	<u>Date</u>	<u>Attendance</u>
7/30	52	8/4	45
8/6	38	8/11	46
8/13	37	8/18	49
8/20	52	8/25	46
8/27	37	9/1	67
9/3	24	9/8	57
9/10	50	9/15	34
9/17	34	9/22	36
9/24	40	9/29(not available)	



OFFICERS/COMMITTEE LIAISONS 2024



President Larry Mills (25)

Vice-President Sarah Henthorn (24)

Secretary Sierra Armbrust (25)

Treasurer and Accounts Payable Coordinator Karissa Armbrust (renewable)

Financial Secretary Kristina Radke (renewable)

COUNCIL TEAM ASSIGNMENTS

Christian Education/Youth: Sierra Armbrust (25)

Church in Community: Lloyd Kellar (26)

Communication: Dean Metzger (24)

Gospel and Growth: Edith Hannett (24)

Hospitality: Edith Hannett (24)

Property: Darrell Miller (25)

Stewardship: Phil Cronk (26)

Trinity New Hope: Sierra Armbrust (24)

Worship & Music: Bryce Quarve (26)

Mutual Ministry: Sarah Henthorn (24)

CONGREGATIONAL COMMITTEE ASSIGNMENTS

Audit: Karen Bair (26), Cathy Winwood (25)

Endowment: Larry Mills, (24) Jeff Henderson, Edith Hannett

Memorial: Kallie Ziemer (25), Joyce Becht (26),
Lloyd Kellar (24)

Nominating: Edith Hannett, Dean Metzger, Steve VanAtter,
Penelope Smith

Mutual Ministry: Sharon Jones, Carl Radke, Sarah Henthorn

Synod Assembly Voting Members: Jerry & Karissa Armbrust

Luther Heights Reps: Janet Metzger & Cathy Winwood

ADVENT DAILY DEVOTIONAL BOOKLET - 2024

will be Trinity's 13th year of publishing our own devotional booklet covering the days in Advent. Our authors are members of our church, former members who have moved away, and friends of our congregation who love to write. Each year we have a few new authors, added to the ranks of those who have faithfully written for us over these many years. We never start with a theme, but often a theme organically emerges. The content ranges from the scholarly to the humorous, from short to long, from theological to very personal. Entries may

speak of something that happened during the past year or a memory from childhood. Each is accompanied by a scripture verse and a prayer. We publish copies in both regular and large print, plus a pdf version that is so handy for those who'd like to share it with out-of-town friends and family.

Our deadline for submissions is **October 27th**, so you still have time to write YOUR entry for this year's booklet. Email it to Penelope Smith micahsixv8@hotmail.com.



PRE-ELECTION PRAYER

VIGIL - MONDAY, NOVEMBER 4th from 4:30 - 7:30 pm. Trinity will open our sanctuary to the community (and our members, of course)

on Monday evening, the day before Election Day. The election season seems like it has been going on FOREVER! Yard signs. Ads on television and radio and in the mail. Information blasting on social media. There is no escaping the noise, and this year it seems even more raucous than ever, with each side trying to shout louder than the other. And the outcomes of our democratic decision-making will impact the lives of each of us, our children and grandchildren, our friends and neighbors, and people we will never meet living across the globe. The hype and the weight of making such important decisions leave voters feeling anxious, frustrated, unsettled. How can we possibly embrace the peace of God when filled with such emotions? Not easy!!

So, on **Monday, November 4th**, Trinity will open our sanctuary to the community between **4:30 - 7:30 pm**. No reservations required; just drop by and stay as long as you'd like. You can pray. You can meditate. You can read. You can just sit quietly, breathe deeply, and allow space for the peace of God to wash over you. The event is open to all, religious or not. We offer "sanctuary" (a safe place) in our sanctuary, and the opportunity to step away from the stress and experience some healing moments of calm.



IN OUR PRAYERS

For healing: Colton	(Fran & Elwood's grandson – brain tumor)
Jony	(Linda Dombeck's son – health)
Steve	(Fran Webb's brother-in-law – cancer)
Rylee Bentley	(Emily Bentley's cousin – health issues)
Sharon Jones' 2 nieces	(Alzheimer's)
Monica Perez	(friend of Edith Hannett – in need of a kidney)
Mona Lisa Regier	(Parkinsons)
Di Seba	(cancer treatments)
Kim Edwards	(from Sharon Jones)
Trent Glover	(Relational Healing)
Angel Bray	(Margreta Spady's granddaughter – cancer)
Abby	(Fran & Elwood's granddaughter – seizures)
Connie	(From Fran Webb – recovery from cancer surgery)
Sherry Swim	(From Mary Braudrick's cousin – Knee surgery)

Family of Linda Dombeck – thanksgiving for improved health

For Andrew	(Elizabeth Schnabel)
For Sharon Stanger	(from Randy & Martha Miller)
For Klayton Hanson	(from Karson Hanson)
For Tami McHugh & Jeff's family	(grieving the death of her cousin, Jeff Cole)
For Cedar Hilger	(Continued spiritual growth, Barbie Bentley)
For Perkins Family	(grieving a death in the family)
For Thomas	(Assistance for finding housing. Janie Stubson)
For Lisa & Henry Hernandez	(Working on family and co-parenting challenges)
For Freedom	(from Sarah Braudrick)

People in the Armed Services:

Brett Collins	(grandson of Helen Collins – Marines)
John C. Collins II	(Helen Collins' grandson – Navy SEAL)
Bill MacDonald	(Navy)
Amanda Love	(Cathy Winwood's Niece – Army)

*Prayer concerns will be removed after two months on the list
unless you let the office know otherwise*

Trinity Servants For October 2024

δουλος [doulos] is the New Testament Greek word for servant.

	October 6 Pentecost 19	October 13 Pentecost 20	October 20 Pentecost 21	October 27 Pentecost 22
<u>Assisting Minister</u>	Pat Benoit	Steve VanAtter	Steve VanAtter	Karissa Armbrust
<u>Crucifer</u>	TBD	Giada Armbrust	Alexa Ward	Brandon Ziemer
<u>Acolyte</u>	Zander Radke	Aldwin Kellar	Karson Hanson	Ellie Ziemer
<u>Reader</u>	Trent Glover	Jeff Henderson	Amanda Hanson	Kristina & Abbie Radke
<u>Children's Message</u>	Karissa Armbrus	Sarah Henthorn	Larry Mills	Karissa Armbrust
<u>Music</u>	Karissa Armbrust	Bryce Leifeste	Karissa Armbrust	Bryce Leifeste
<u>Audio/Streaming</u>	David Sheriff & Bryce Quarve	Andrew Hanson & David Sheriff	Jason Mills & Andrew Hanson	Sarah Henthorn & Jason Mills
<u>Greeters</u>	The Radke Family	The Ziemer Family	Steve & Julie Ward	Karen Bair & Penelope Smith
<u>Ushers</u>	Pat & Donna Benoit	Jeff & Nancy Henderson	Michala Mills & Tami Robinson	Steve & Renee VanAtter
<u>Altar Guild</u>	Judy Kellar	Kim Mills	The Benoits	Peggy Miller
<u>Offering Counters</u>	Lloyd Kellar & Dean Metzger	Larry Mills & Edith Hannett	Sarah Henthorn & Dean Metzger	TBD & TBD
<u>Fellowship</u>	Elizabeth Schnabel & Tami Robinson	TBD	The Radke Family (Zander's B-day)	TBD
<u>S. S. Teacher</u>	Larry Mills	Larry Mills	Larry Mills	Larry Mills
<u>Flowers</u>	TBD	TBD	TBD	The Winwoods
<u>Wine</u> The Henderson Family	<u>Eternal Candle</u> The Henderson Family	<u>Communion Bread</u> Tami Robinson	<u>Church Cleaning</u> TBD	

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TO:

October

Trinity Lutheran Church Calendar for **October 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Pentecost 18 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	30 Office 8:00 – Noon	1 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group	2 Office 8:00 – Noon 10am-3pm – Red Cross Blood Drive	3 Office 8:00 – Noon 6:30 pm Al-Anon	4 Office Closed	5 8am -5pm – Al Anon Event
6 Pentecost 19 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	7 Office 8:00 – Noon	8 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group	9 Office 8:00 – Noon 6:30pm – Pet Blessing 6:30pm – Endowment Committee	10 Office 8:00 – Noon 6:30 pm Al-Anon	11 Office Closed	12
13 Pentecost 20 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time 11:30am WAGM meeting Pastor Barb @ Bishop's Convocation	14 Office 8:00 – Noon Pastor Barb @ Bishop's Convocation	15 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group 7 pm Church Council Pastor Barb @ Bishop's Convocation	16 Office 8:00 – Noon Pastor Barb @ Bishop's Convocation	17 Office 8:00 – Noon 6:30 pm Al-Anon	18 Office Closed	19
20 Pentecost 21 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time Crop Walk - Caldwell	21 Office 8:00 – Noon 9:00 am Epistle Articles Due	22 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group 6pm Mutual Ministry Committee	23 Office 8:00 – Noon	24 Office 8:00 – Noon 2pm Gospel & Growth 6:30 pm Al-Anon	25 Office Closed	26
27 Pentecost 22 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time Noisy Offering	28 Office 8:00 – Noon	29 11:30am Women's Luncheon	30	31 HALLOWEEN 		