

The Epistle

Trinity Lutheran Church

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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.

April 2025



JOURNEY INTO EASTER

Our Journey through Lent continues from March into April with our journey through the senses in our midweek series taking us into touch and ending with taste at the altar. In the early church Lent was a time of preparation and catechism for baptism at Easter, walking with study and intention through the life and teachings of Jesus Christ, praying and meditating upon his way, and deciding whether potential converts were ready to take on Christ's death, resurrection and ascension. This year at Trinity we do not have a group going through confirmation or awaiting baptism. Instead, we each take up our own practice and walk the path of Christ this "lent". Through our Lenten Senses series we ground ourselves each week in sensing light, seeing how we each were created in the image of God, hearing the still small voice of calm, smelling oils of blessing, touching the waters of baptism, and tasting the agape feast of Christ. Let us stride with intention into Palm Sunday and the Triduum that, this year, we might let the washing of feet, Christ dying on the Cross, and rising again on the third day resonate in each of our journeys. Let us rise into Easter a resurrection, people, recharged looking forward, again together by our Lenten walks with Jesus.

Vicar Aaron Carr (He/Him)



NEWS FROM CHURCH AND COMMUNITY

FEBRUARY'S NOISY OFFERING

brought in \$368.24 for Trinity Gardens

under the guidance of Paulette Blaseg. This will help them with seed and fertilizer for the gardens. What a great way to help our Community Garden grow this year! Thanks to everyone's generosity!

MARCH NOISY OFFERING on Sunday 3/30/25 will go to **SHE Style Her Empowered** (the Dress That Grows). The Dress that Grows provides approximately 1,500 girls a year with school uniforms in the country of Togo. The dress can fit a girl for 3 years by adjusting to 6 sizes, allowing them to get an education. \$20.00 pays for one dress, the girls do the sewing, therefore also learning a marketable skill.

APRIL NOISY OFFERING on Sunday 04/27/2025 will be going to Learning Peace Camp for Kids! Peace Camp is a free summer day camp here in Nampa. It is a cooperative camp operated by several churches in Nampa, of which Trinity is a proud founder and supporter. Children aged 6 to 13 years are welcome as campers and older teenagers and adults are the camp counselors. Campers learn about peace within, quietness and movement. They cultivate joy through music and self-expression through art. During the week they will learn about peace, conflict resolution, interpreting the media, and noncompetitive play. They learn peace with different cultures, learning to get along with others. The campers enjoy connecting with nature through hiking and cooperative team building activities and art. Since

the camp is free for families, Learning Peace relies heavily on donations from the community. A \$25 donation sends a child to camp for a day. Thank you for your continued support.

LUTHERAN WORLD RELIEF – 2025 is the 80 year anniversary of loving our neighbor for Lutheran World Relief. This all started in 1945. Please check out LWR.ORG/80 for more information. Thanks! Church in Community

ANNUAL TRINITY CAMPOUT 2025 - is scheduled for **July 25 - 27** at the Ward property near Donnelly. Save the date! Whether you have an RV, tent, or plan to sleep in a hammock - or at your own place in Valley County - or in a local motel - or just plan to drive up for the day.....you are welcome to join us for as much of the event as fits your schedule. Each year, people invite friends and family who do not attend Trinity; we love having guests.

LEARNING PEACE: This is a busy time of year for us we are ramping up our fundraising and getting ready for camp.

FUNDRAISING: As you are probably already aware, this month's Noisy Offering benefits Peace Camp. We are also participating in Idaho Gives which is April 28th through May 1st this year. Please consider supporting Learning Peace as we try to raise money for Peace Camp this year. Our goal is to raise \$15,000 to help cover expenses and to send over 100 campers a day to camp. Remember, every donation, small or large, helps.

CAMP: Peace Camp is June 23rd through June 26th this year. Registration for campers and volunteers opens May 5, 2025, the link will be included in the May Epistle. As director of Learning Peace, I would love to see as many of our Trinity kids and teenagers at camp this year.

- Jessica Carr

LOVE OFFERING - Speaking of **CAMPOUT**, our "**love-offering**" this year will be similar but different. Similar in that we are showering our love on a library (Donnelly Public Library this time). Differently in that we won't be giving them books. This library has just over 1000 sq ft of floor space and, with the 2024 legislation requiring separation of adults' and children's materials, they have moved their children's programs outdoors into several teepees. They have a robust after school program plus a wonderful summer program planned. When

asked what we could do to support them, the library director said "**healthy snacks**" would be a godsend!

We hope to help provide snacks for the after school and summer children's programs. We would like to be able to offer snacks that the kids will like but are on the healthier side of things. There are many options to choose from at our local stores whether it's a grocery store, Costco, or a specialty market.

The basic requirements are that the snacks are individually wrapped in a snack size portion, they need to be "shelf stable" (does not require refrigeration) with a "use by" date that extends six or more months. The categories are **Cookies, Crackers, Chips, Fruit, Nuts/Seeds, and Miscellaneous**. Some healthy ideas are:

fruit snacks or roll-ups made with real fruit or juice *instead of gummy bears*

popcorn *instead of chips*

crackers with peanut butter or cheese *instead of plain crackers*

graham crackers *instead of cookies*

dried fruit like raisins or cranberries

small portion sizes instead of large bags. Think of things that you might buy for a lunch box.

Boxes to collect the snacks are in the Narthex through April!

Tami Robinson (our nutrition expert) found prices ranging from 25 to 75 cents per individual portion. It depends on what's on sale, different name brands, and the season. It's almost as much fun shopping as doing a scavenger hunt! **HINT** - this is **not** the time to clear your pantry of pudding and applesauce that expired in 2013!!

The library's other need is more floor space; it is raising money to add this space. We will collect a **monetary offering** for the library's building fund at the CampOut worship service on 7/26.

2025 - TRINITY'S YEAR OF GRATITUDE

GRATITUDE LENDING LIBRARY - In keeping with our 2025 theme of gratitude, please visit a NEW little library in the narthex bookshelf. We have 5 books on gratitude that we'd love to have you borrow, read, and return. Follow the

instructions on the little clipboard and enjoy! Here's what we have to offer (at the moment - we plan to add more selections as the year continues)....

GRATEFUL by Diana Butler Bass. This book was studied by our Tuesday afternoon group. It covers our individual emotions and ethics around gratitude plus how we as a community can experience gratitude together. Every day there are reasons NOT to feel grateful.....so thoughts and acts of gratitude are a sort of defiance, an alternative to anger and fear. They show hope in the face of evil, and lead to a more abundant experience of living.

I WANT TO THANK YOU (How a Year of Gratitude Can Bring Joy and Meaning in a Disconnected World) by Gina Hamadey. The author challenged herself to write 365 thank-you letters in a year, separating the months into different categories. Follow the humor and grace of her journey and pick up some ideas you could use. If writing notes is not your thing, there are many ways to express gratitude.

MAKING GRATEFUL KIDS (The Science of Building Character) by Jeffrey Froh and Giacomo Bono. This is research-based guidance on ways to instill gratitude early in life. Kind of like a free wonder-drug with zero ill side-effects.

THANKS A THOUSAND (A Gratitude Journey) by A. J. Jacobs (from TED Books). A simple "thank you" to the barista when he picked up his morning coffee led the author to thank the literally thousands of people who contributed to this coffee.....from farmers and shippers and buyers to the guy who invented the lid with the little hole so he could smell the coffee as he drank it, the creator of the jacket that kept him from burning his hand, and the chemist at the reservoir that supplied his city's water. A fun book that expands your mind and makes you grateful for all the people who supply things that we all take for granted.

THE GRATITUDE DIARIES (How a Year Looking on the Bright Side Can Transform Your Life) by Janice Kaplan. Another year-long journey, separated into

seasons and sub-topics, by the former editor of Parade magazine. She shares the stories, successes and short-fallings of her journey, with some very specific guidance including a 7-day gratitude challenge.



TUESDAY STUDY GROUP

PSALMS on Tuesdays from 2:00 pm –

4:00 pm. The Tuesday Study Group has finished our exploration of other religions and how Christians can interact and interact with them. On **February 11th at 2:00 pm** we began our new focus on the psalms. Each participant brings his/her own favorite translation of the Bible (perhaps Vicar Aaron will bring his Hebrew version?!) and we study the different genre of the psalms. It is generally accepted that they group into the following categories: Lament (of the community and of individuals); Specialized Lament (penitential and imprecatory); Thanksgiving (of the community and the individual); Specialized Thanksgiving (salvation history and songs of trust); Hymnic Psalms (hymns and doxologies); Liturgical Psalms for Public Worship (covenant songs, royal/enthronement songs, songs of Zion, and temple liturgies); and Community/Wisdom Psalms. If you have an interest in the psalms, or an interest in a study group - this would be a good time to join us. If your schedule has you out of town frequently, this would be an ideal topic for you - each week's lesson is self-contained, and you won't feel lost if you miss a week or two. Please consider joining us in the Koinonia (blue) room on Tuesdays between 2:00 - 4:00 pm as we trek through the psalms together.



Statistical Comparison for February-March 2024/2025

<u>Date</u>	<u>Attendance</u>	<u>Date</u>	<u>Attendance</u>
2/4/24	45	2/2/25	45
2/11	44	2/9	45
2/18	33	2/16	48
2/25	38	2/23	50
03/03	42	03/02	40
03/10	54	03/09	41
03/17	37	03/16	34
03/24	49	03/23	35
03/31	78	03/30	(not available)



OFFICERS/COMMITTEE LIAISONS 2025



President Larry Mills (25)

Vice-President Bryce Quarve (26)

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: Cedar Hilger (27)

Communication: Lloyd Kellar (26)

Gospel and Growth: Sierra Armbrust (25)

Hospitality: Edith Hannett (27)

Property: Darrell Miller (25)

Stewardship: Phil Cronk (26)

Trinity New Hope: Andrew Hanson (27)

Worship & Music: Larry Mills (25)

Mutual Ministry: Bryce Quarve (26)

CONGREGATIONAL COMMITTEE ASSIGNMENTS

Audit: Karen Bair (26), Cathy Winwood (25), Emily Bentley (27)

Endowment: Jeff Henderson(25), Edith Hannett (26), Julie Ward (27)

Memorial: Kallie Ziemer (25), Joyce Becht (26), Peggy Miller (27)

Nominating: Sierra Armbrust, Larry Mills, Sharon Jones, Pat Benoit

Mutual Ministry: Sharon Jones, Carl Radke, Jerry Armbrust, Bryce Quarve

Synod Assembly Voting Members: Jerry Armbrust & Cathy Winwood

Luther Heights Reps: Janet Metzger & Cathy Winwood



THANK YOU! Thank you to Sarah L. Lamkey-Vandiver for joining us as our new church office administrator. She has been hitting the ground running and learning everything with grace. Dean Metzger has spent the first few weeks training with or being available to Sarah as she gets up to speed and the atmosphere with the two of them in the office has been delightful.

Thank you, Dean Metzger, for stepping up and covering the church office administrator position through the transition over the past year. You have been an immeasurable valuable to Trinity, the people served by our food bank and gas vouchers, and to me starting my call here. Enjoy Life in the Pews and on the Golf Course.

Thank you to Cathy Winwood for spearheading our Luther Heights Campaign and giving us an excuse to start our Lent on a high note with youthful songs of camp and memories yet to come.



IN OUR PRAYERS

For healing:	Colton	(Fran & Elwood's grandson – brain tumor)
	Amy Ball	(The Radke Family cousin -- pneumonia)
	Rylee Bentley	(Emily Bentley's cousin – health issues)
	Darrel Miller	(Surgery recovery – Lloyd & Judy Kellar)
	Sharon Jones' nieces	(Alzheimer's)
	Monica Perez	(friend of Edith Hannett – in need of a kidney)
	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)
	Eileen Warner	(Received pacemaker. Kristina Radke's Mom)
	Sherry	(Cousin healing from 2 nd surgery – Mary Braudrick)
	Jessica Carr	(Recovering from car crash)
	Tina Zielinski	(Ankle/Leg healing daughter of Randy & Martha Miller)
	Cody	(Youth with heart condition – Emily Bentley)
	Addie	(Teenage Crohn's disease – Cathy Winwood)
	Hannah Winwood	(Pregnancy Concerns – Cathy Winwood)

For Coworkers	(surgeries & possible surgery -- Elizabeth Schnabel)
For Berger Family	(mourning loss of daughter from Mary Helen & Gail)
For Klayton Hanson	(from Karson Hanson)
For Dan Baldwin	(from Jessica & Aaron Carr)
For Freedom	(from Sarah Braudrick)
For Dez & Niko	(from Steve, Julie, & Alexa)
For Ward Family	(mourning loss of Sylvia Ward)
For people impacted by fires	(People displaced by California fires – Aggie K.)
For Laura	(Daughter working on life balance – Janie Stubson)
For Jeff	(Son awaiting test results – Elwood & Fran Webb)

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 April 2025

Trinity Lutheran Church Servant Assignments (please find your own replacement and notify office if you can't serve.)

	April 6 Lent 5	April 13 Lent 6	April 20 Easter	April 27 Easter 2	May 4 Easter 3
<u>Assisting Minister</u>	Karissa Armbrust	Karissa Armbrust	Bryce Quarve	Bryce Quarve	Mary Bruadrick
<u>Crucifer</u>	Aldwin Kellar	Steve VanAtter	Alexa Ward	Giada Armbrust	Cedar Hilger
<u>Acolyte</u>	Zander Radke	Elizabeth Schnabel	Aldwin Kellar	Karson Hansen	Aggie Klahn
<u>Reader</u>	Penelope Smith	Sarah Henthorn	Jason Mills	David Sheriff	Trent Glover
<u>Children's Message</u>	Sierra Armbrust	Steve VanAtter	Sarah Henthorn	Larry Mills	Karissa Armbrust
<u>Music</u>	Bryce Leifeste	Karissa Armbrust	Bryce Leifeste	Karissa Armbrust	Karissa Armbrust
<u>Audio/Streaming</u>	Elizabeth Schnabel Bryce Quarve	David Sheriff & Bryce Quarve	Andrew Hanson & David Sheriff	Jason Mills & Andrew Hanson	Sarah Henthorn & Jason Mills
<u>Greeters</u>	Edith Hannett & Penelope Smith	The Radke Family	Steve & Julie Ward	Karen Bair & Sharon Jones	The Hanson Family
<u>Ushers</u>	Tami Robinson & Kim Mills	Steve and Renee VanAtter	Lloyd & Judy Kellar	Steve & Julie Ward	Darrel & Peggy Miller
<u>Altar Guild</u>	Kristina Radke	Peggy Miller	Beth Ragorshek	Lloyd & Judy Kellar	The Benoit's
<u>Offering Counters</u>	Darrel Miller & Lloyd Kellar	Andrew Hanson &TBD	Larry Mills & Phil Cronk	Cedar Hilger & Andrew Hanson	Bryce Quarve & Sierra Armbrust
<u>Fellowship</u>	Sarah Henthorn	Janie Stubson	TBD	Steve & Renee VanAtter	TBD
<u>S. S. Teacher</u>	Amanda Hanson	Amanda Hanson	Amanda Hanson	Amanda Hanson	Larry Mills
<u>Flowers</u>	None	None	Easter Lillies	The VanAtters	TBD
<u>Wine</u> Phil Cronk	<u>Eternal Candle</u> Phil Cronk	<u>Communion</u> <u>Bread</u> Judy Kellar (April 6) & Penelope Smith	<u>Church Cleaning</u> Randy & Martha Miller		

Trinity Lutheran Church Calendar for **April 2025**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group	2 Office 8:00 – Noon 6:15pm Lent Soup Supper 7pm Lenten Service (Touch)	3 Office 8:00 – Noon 6:30 pm Al-Anon	4 Office Closed	5 Office Closed
6 – Lent 5 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 6:15pm Lent Soup Supper 7pm Lenten Service (Taste)	10 Office 8:00 – Noon 2 pm Gospel & Growth 6:30 pm Al-Anon	11 Office Closed	12 Office Closed
13 -- Palm Sunday 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	14 Office 8:00 – Noon	15 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group 7 pm Church Council	16 Office 8:00 – Noon	17 Office 8:00 – Noon 6:30 pm Al-Anon 7 pm Maundy Service	18 Office Closed 7 pm Service Good Friday	19 Office Closed
20 -- Easter 8 am Easter breakfast 9 am Easter Egg Hunt 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	21 Office 8:00 – Noon 9:00 am Epistle Articles Due	22 Office 8:00 – Noon Noon - Al-Anon 2-4 pm Study Group	23 Office 8:00 – Noon	24 Office 8:00 – Noon 6:30 pm Al-Anon	25 Office Closed	26 Office Closed
27 – Second Sunday of Easter 9 am – Intergenerational Sunday School 10 am Worship and Communion (Noisy Offering) 11 am Fellowship Time	28 Office 8:00 – Noon 10 am – 3pm Blood Drive	29 Office 8:00 – Noon 11:30am Women’s Luncheon Noon - Al-Anon 2-4 pm Study Group	30 Office 8:00 – Noon			

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