

The Epistle

Trinity Lutheran Church

8 South Midland Blvd.

Nampa, ID 83651

Vicar: Aaron Carr

Office Manager: Sarah Lamkey-Vandiver

(208) 466-2173

(208) 466-2173

Website: nampatrinity.org

Email: churchbiz@msn.com

or find us on

[facebook](#)

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.

May 2025



Vicar's Article

The Lord is Risen! Welcome to Easter. The entire month of May this year continues our Easter celebration. What a wonderful celebration we had on Easter Sunday with Easter Breakfast,

Egg hunts for children of all ages, and service so full we ran out of bulletins. Continuing our Year of Gratitude, let us go forth into the world proclaiming the joy of Jesus' resurrection. We have answered the call in Epiphany, worked on our spiritual practices in Lent, and now we can Share our Gratitude for Christ's Grace this Easter. Enjoy a season of hope. Invite a friend. Invite that grandchild who had a blast hunting eggs to join us for another children's message. All it takes to put the E in Evangelical Lutheran Church of America are a few expressions to your loved ones of the gratitude you have for your life of faith at Trinity. They will know we are Christians by our love. Be that agape love in your life. Express thanksgiving for the agape love you receive. Rejoice for we are resurrection people!

Vicar Aaron Carr (He/Him)



NEWS FROM CHURCH AND COMMUNITY

MARCH'S NOISY OFFERING brought in \$491.66 for **SHE Style Her**

Empowered (the Dress That Grows) That buys 24.5 uniforms. Thanks to everyone for their support in helping girls in Togo, Africa have a uniform and a better chance at the opportunity to attend school and get an education!

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.

MAY NOISY OFFERING on Sunday May 25th is for the National Alliance on Mental Illness (NAMI). NAMI serves all the Treasure Valley and offers online & in person classes & support groups to

people with mental illness and their families. They also promote advocacy and public awareness about mental illness. In Idaho--according to KFF.org--as of February 1-13th, 2023, 30.2% of adults reported having symptoms of anxiety and/or a depressive disorder; and, in 2021, 20.1% of children ages 12-17 had major depressive episodes in the past year. World Population Review reports that Idaho ranks 6th nationally for suicides committed per 100,000 people as of 2022, standing at 444 total that year. May is national Mental Health Awareness month, and a great time to help around your community and learn more about an ever-changing disease.

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: Thank you to everyone that donated to April's Noisy Offering and Idaho Gives this year. Every donation makes a difference to a child in our community.

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 1:00 pm –

3:00 pm. The Tuesday Study Group has finished our exploration of other religions and how Christians can interact and interact with them. On **February 11th** 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/enhronement 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 1:00 - 3:00 pm as we trek through the psalms together.



2024/2025

<u>Date</u>	<u>Attendance</u>	<u>Date</u>	<u>Attendance</u>
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)
04/07	46	04/06	54
04/14	38	04/13	47
04/21	43	04/20	83
04/28	38	04/27	45



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, from Trinity Community Gardens to the person who gifted the high quality garden seeds. They are a good variety and will certainly be used.

Thank you to everyone that donated to April's Noisy Offering and Idaho Gives this year. Every donation makes a difference to a child in our community.

Thank you to everyone that came to the cleaning party on Saturday, April 19th. It was a big success! Also, thanks to those who worked outside, and those who came during the week to help clean the church. – The Property Committee

Thank you to everyone who helped make Holy Week and Easter possible. Thank you for the donations that paid for the beautiful flowers. Thank you to the Alter Guild for returning again and again to transform the sanctuary. Thank you to everyone who helped clean up the church on Holy Saturday. Thank you to Karissa and Brice for all the extra musica performances. Thank you to everyone who acolyted, worship assisted, ushered, and greeted. We had a wonderful Holy Week and Easter.



IN OUR PRAYERS

For healing:	Colton	(Fran & Elwood's grandson – brain tumor)
	Amy Ball	(The Radke Family cousin -- pneumonia)
	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)
	Francis Frisbee	(recovering from surgery – Amanda Hanson)
	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)
	Rita	(Renee's sister -- Renee VanAtter)
	John Hergert	(recovering from heart surgery – Penelope Smith)
	Linda Dombeck	(heart issues – Mary Braudrick)

For Andrew	(from 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 Diana	(searching for employment – Elizabeth Schnabel)
For Chris & Cooper Koons	(hoping for good test results – Anita Koons)
For Ward Family	(mourning loss of Sylvia Ward)
For Jeff	(Son awaiting test results – Elwood & Fran Webb)
For Hannah & Kellen	(from Cathy Winwood)
For Family of Amy Bal	(died from pneumonia -- from Radke Family)
For Colton family & friends	(mourning loss of Travis Colton – Kellar family)
For Sharon Jones' family	(mourning loss of Sharon Jones)

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 May 2025

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

	May 4 Easter 3	May 11 Easter 4	May 18 Easter 5	May 25 Easter 6	June 1 Easter 7
<u>Assisting Minister</u>	Mary Braudrick	Mary Braudrick	Kim Mills	Kim Mills	Pat Benoit
<u>Crucifer</u>	Cedar Hilger	Jason Mills	Aldwin Kellar	Steve VanAtter	Alexa Ward
<u>Acolyte</u>	Aggie Klahn	Abigaill Radke	Elizabeth Schnabel	Zander Radke	Aldwin Kellar
<u>Reader</u>	Trent Glover	Abigaill Radke	Jeff Henderson	Amanda Hansen	Kristina Radke
<u>Children's Message</u>	Karissa Armbrust	Jason Mills	Penelope Smith	Sierra Armbrust	Steve VanAtter
<u>Music</u>	Bryce Leifeste	Bryce Leifeste	Karissa Armbrust	Bryce Leifeste	Karissa Armbrust
<u>Audio/Streaming</u>	Sarah Henthorn & Jason Mills	Larry Mills & Sarah Henthorn	Elizabeth Schnabel & Larry Mills	Bryce Quarve & Elizabeth Schabel	David Sheriff & Bryce Quarve
<u>Greeters</u>	The Hanson Family	Ardelle O'Bryan & Julie Haugen	Tami Robinson & Joyce Becht	Judy & Lloyd Kella	Darrel & Peggy Miller
<u>Ushers</u>	Darrel & Peggy Miller	Penelope Smith & Elizabeth Schnabel	Pat & Donna Benoit	Radke Family	Jeff & Nancy Henderson
<u>Altar Guild</u>	The Benoits	Cathy Winwood	Kim Mills	Kristina Radke	Peggy Miller
<u>Offering Counters</u>	Bryce Quarve & Sierra Armbrust	Darrel Miller & Lloyd Kellar	Bryce Quarve & Phil Cronk	Larry Mills & Andrew Hanson	Cedar Hilger & Sierra Armbrust
<u>Fellowship</u>	The Hanson Family	TBD	Steve & Renee VanAtter	TBD	TBD
<u>S. S. Teacher</u>	TBD	TBD	TBD	TBD	TBD
<u>Flowers</u>	TBD	The Hansons	The VanAtters	TBD	TBD
<u>Wine</u> Randy & Martha Miller	<u>Eternal Candle</u> Randy & Martha Miller	<u>Communion Bread</u> Beth Rasgorshek	<u>Church Cleaning</u> Elizabeth Schabel & Tami Robinson		

Trinity Lutheran Church Calendar for **May 2025**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Office 8:00 – Noon 6:30 pm Al-Anon	2 Office Closed	3 Office Closed
4 Easter 3 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	5 Office 8:00 – Noon	6 Office 8:00 – Noon Noon - Al-Anon 1-3 pm Study Group	7 Office 8:00 – Noon 6:30 pm Music Meeting	8 Office 8:00 – Noon 2 pm Gospel & Growth 6:30 pm Al-Anon	9 Office Closed	10 Office Closed
11 – Easter 4 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time 11 am WAGM meeting	12 Office 8:00 – Noon	13 Office 8:00 – Noon Noon - Al-Anon 1-3 pm Study Group 6 pm TNH meeting 7 pm Mutal Ministry	14 Office 8:00 – Noon	15 Office 8:00 – Noon 6:30 pm Al-Anon	16 Office Closed	17 Office Closed
18 – Easter 5 9 am – Intergenerational Sunday School 10 am Worship and Communion 11 am Fellowship Time	19 Office 8:00 – Noon 9:00 am Epistle Articles Due	20 Office 8:00 – Noon Noon - Al-Anon 1-3 pm Study Group 7 pm Church Council	21 Office 8:00 – Noon	22 Office 8:00 – Noon 6:30 pm Al-Anon	23 Office Closed	24 Office Closed
25 – Easter 6 9 am – Intergenerational Sunday School 10 am Worship and Communion (Noisy Offering) 11 am Fellowship Time	26 Office 8:00 – Noon	27 Office 8:00 – Noon Noon - Al-Anon 1-3 pm Study Group	28 Office 8:00 – Noon	29 Office 8:00 – Noon 6:30 pm Al-Anon	30 Office Closed	31 Office Closed

+++++



Trinity Lutheran Church
8 South Midland Blvd.
Nampa, ID 83651
(208) 466-2173

