

**MAY 2018**

## PASTOR'S MESSAGE

Do you ever remember not breathing? In the very first moments of your life, just as you were born, you didn't breathe. Then with one good gasp, or maybe with a cry or two, you breathed in, then out and you are still doing it today. Try it ... breathe in ... breathe out. So natural ... so life giving.

Meditation practices often teach the use of breathing to centre your mind, to calm your mind, to enhance relaxation, to help you let go of worries, distractions or anxieties. Recently I have been paying attention to my mind and body's need and learning to 'let go', or rather, to 'let go better'. Maybe you could try now, with me:

- Minimise any distraction around you
- Get comfortable sitting or lying down
- Just sit ... just breathe ... in ... out
- Not relaxing yet?  
Try a really deep breath in through your nose  
hold it for a count of 3  
then exhale through your mouth, quickly,  
**and give a big sigh.**
- Did you feel your shoulders rise up on the inhale,  
and then drop during the exhale?
- The very next breath was probably a belly breath.  
Your stomach muscles pushed outward,  
your diaphragm dropped and your lungs filled with cool air.
- Try to breathe just using belly breathing – rather than using your chest muscles.

- You should already be starting to feel relaxed
- Belly breathe in (count 1,2,3)  
Hold (4,5)  
Exhale (6, 7, 8, 9).
- Repeat with a rhythm that suits you.  
Don't try too hard so that you become light headed
- Focus on the just the breath – cool air in – letting go out.
- Maybe recite a mantra in your mind (pick an easy to remember phrase) like this one:  
Breathing in: "arriving"  
Breathing out: "home"  
remember ... don't say the words aloud, just think them.
- Try to let your mind **just be**. No lists, no plans, no repeated conversations from the day.  
If you start to think about things, let it go,  
breath and say/think your mantra, "Arriving ... Home"

I have taken this advice from books and podcasts and found it helpful. I especially like the "Arriving ... Home" mantra and I also have used this one; breathe in: "Kyrie eleison" & out: "Christe eleison". I sometimes would sing it a few times in my head (Blue Book Setting 5) as I breathed in and out.

Then I thought about something else (after my meditating of course). Like my breathing question I started with, do you ever remember not knowing the Lord's Prayer? So, I wondered if I could combine these two things that I don't remember not knowing? So, I wrote out a TWO WORD version of the Lord's Prayer to use during mediation.

Maybe you could try it now and you will probably need to read it – breath in on the first word and out on the second. So here is the Lord’s Prayer in TWO WORD phrases:

our father  
in heaven  
holy name  
your kingdom  
your will  
be done  
on earth  
in heaven  
feed us  
forgive us  
we forgive  
save us  
from sin  
from evil  
your kingdom  
your power  
your glory  
for ever  
a – men



May the meditations of your heart be pleasing in the sight of the Lord.  
~ Pastor Steve

*Web note: I have recorded and posted this article on our website so you can download the podcast and listen while you meditate.*

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## **BIBLE STUDY**

DOES  
GOD  
HAVE A BIG TOE?  
*Stories About Stories In The Bible*



*Marc Gellman • Oscar de Mejo*

Using Rabbi Marc Gellman’s book of ‘stories about stories in the Bible’, we will read three stories from this book of short, funny stories of one man’s interpretation of how God cleaned up the “huge glob of rocks and water” that was before there was anything. Each week you should remind yourself of the original biblical story – the scripture is listed, then come with anticipation to hear Rabbi Gellman’s playful thoughts. Good conversation will ensue ... it always does.

- 25 April - Water All Around | Read Genesis 7
- 2 May - Rebekah and the Camel Who Made No Noise | Read Genesis 24:1-50
- 9 May - No Lists on the Sabbath  
Read Exodus 20:1-21



Council met on April 9, 2018. Several items were discussed including the renovation of the kitchenette in the Koehler Hall. To date

only one person has given his suggestions for this project. There is still one week left to give council your input regarding this matter. The money has already been set aside for this endeavour. It should be noted that electrical wiring is a very necessary part of this project since building codes and such have changed in the last 30 or so years. You can leave your suggestions at the church office or in Deb Peppers' mailbox.

The Strategic Plan was also on our agenda. The planning of events and projects arising from the plan was discussed and various council members were asked to help plan events such as a neighbourhood BBQ. Look for more to follow.

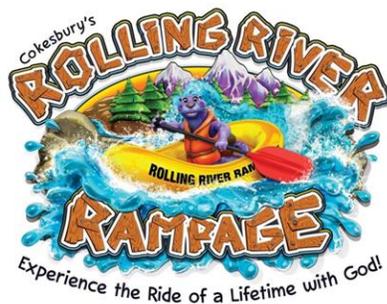
The council ratified its motion to recommend Janelle Lightbourne as a delegate to the 2019 National Synod assembly.

Vacation Bible School is going to be held **July 23 to 27** with Redeemer Lutheran, St. Ansgar Lutheran and Trinity Lutheran churches collaborating.

Keep the date: **July 1, 2018** open for the Annual Tri-Congregational Picnic to be held at Redeemer Lutheran Church, 1 Frank Place. Again, this is a collaborative effort with all three churches involved.

As always, we invite your ideas and concerns because we are stewards of Trinity. May I also say, "WELCOME BACK OTTO DANNER".

Yours respectfully  
Cheryl Millar, Vice Chair



## VACATION BIBLE SCHOOL

Dates: 23 to 27 July from 9 am until 12 noon

Ages: 3-12 yrs

Cost: free

Location: Trinity Lutheran Church

Registration: [www.trinitylondon.ca](http://www.trinitylondon.ca)



## ROLLING RIVER RAMPAGE

Experience the Ride of a Lifetime with God!

Along the river, children discover that life with God is an adventure full of wonder and surprise, and that they can trust God to be with them through anything. Relevant music, exciting science, creative crafts, fun recreation, and memorable Bible stories will help kids know that God is always with them as they ride the rapids of amazing grace!

## DAILY RIDE GUIDE

1. Jesus Calls the Disciples (Matthew 4:18-25)  
Find Adventure On The River!
2. Jesus Accepts Mary And Martha (Luke 10:38-42)  
Find Acceptance On The River!
3. Jesus Walks With Zacchaeus (Luke 19:1-10)  
Find Joy On The River!
4. Jesus Shares A Special Meal (Luke 22:14-20)  
Find Rest On The River!
5. Jesus Makes A Promise (Matthew 28:16-20)  
Find Peace On The River!

A ministry of: Trinity, St. Ansgar and Redeemer Lutheran Churches. Thanks for Lutheran Social Services' financial support.

## **POST-SECONDARY EDUCATION BURSARIES / SCHOLARSHIPS**

Information and applications for the TL Ristine, CJ Killinger and GH Dobrindt Bursaries, and Synod Murray Scholarship Fund (to assist students who are either studying music, or students who have been active in music ministry in their local congregation), are available from the church office.



### **PLEASE NOTE:**

Synod Scholarship Applications **must** be returned to Synod by **14 May** to:  
74 Weber St. W., Kitchener, Ontario N2H 3Z3

Applications for the Trinity Bursaries are due into the church office no later than **31 May**

## **LUTHERAN SOCIAL SERVICES (LONDON) SCHOLARSHIP PLAN**

Applications will be considered for courses for semesters in 2018-2019 academic year. Details of the scholarship program are available from the church office. Applicants need to submit their applications with the necessary letters of approval from the Pastor and the Church Council to Lutheran Social Services (London), P.O. Box 43016 London, Ontario, N6J 0A7. The deadline for submission for this period will be **31 May**.

## **TLW**

**Seniors' Worship and Lunch - Tuesday 8 May at 11:30 am.** The April event was well attended, and we welcomed some new faces. Remember that **all** Trinity seniors (no minimum age required) and their friends are welcome. Call Annette in the church office if you need a ride.

**Bell Retirees Meeting and Lunch - Tuesday 15 May.** TLW is catering this event as a fundraiser. Donations of home baked cookies would be most helpful. Call Lydia Reinhard at 519-686-5637 if you can help. If we ask, please say YES!

**Trinity Yard Sale on Saturday 26 May - TLW** will again have a **BOOK TABLE**. Your donations of books, CDs and DVDs is needed to make this a success. Starting in May, you may leave your donations on the stage. **PLEASE NO TEXT BOOKS OR ENCYCLOPEDIAS.**

DON'T forget My Sisters' Place. Donations are needed year-round.

Finally, Happy Spring Everyone!

Lydia Reinhard

## **TRINITY POWDER PUFF BOXING ORGANIZATION**



For about two years we have been having boxing lessons and fitness class. Paul Jackman, who runs a successful karate school, is our very patient instructor and sometimes sparring partner.

We have loads of fun and laughs while also getting into better shape. Our exercises address needs affecting all people our age. Concerns such as balance, bone density, nutrition and joint pain are issues we deal with. If you want to laugh a lot and get fit, come and join us Mondays at 10 am in the CJ Killinger Hall.

~ Cheryl Millar

## **LONDON LUTHERAN MEN'S CLUB**

This month there will be no breakfast meeting. We will, however, be assisting with the Yard Sale on **Saturday 26 May**.

## **PROPERTY COMMITTEE**

This April two outside security lights were replaced with new LED fixtures. Also, some other minor in-house repairs were made. This month new carpet will be installed downstairs in rooms 1/2/3 and the hallway.

~ Robert Sellars



## LOOKING BACK IN TRINITY'S HISTORY

10 Years Ago  
2008

1. Youth held a Plant Sale and Exchange on 25 May 2008.
2. Choir anthem – Every time I feel the Spirit – r. Schram.
3. Beach Party/Lock-in – children aged 3 to 11 years were invited to a beach party held at Trinity on Friday 2 May from 5:30 to 8:00 pm. Youth were also invited to a lock-in overnight.
4. Congregation was asked to save their 4-litre milk bags for an upcoming project.

25 Years Ago  
1993

1. Men's Club held their bbq and annual meeting the home of David Weind.
2. Picking Stones Fundraising project was held at the Norbert Schuller Farm. Refreshments and lunch were served by the Schuller family.
3. Church attendance was up 10-1/2% over last year.
4. Jr. Youth went to the Links and had their lunch in the mall.
5. ELW Night Out Dinner was held at the Seven Dwarfs Restaurant.

50 Years Ago  
1968

1. Rescue Mission Meeting was held at the home of Mrs. L. Ridley.
2. A bowling banquet was held at the Latin Quarter Restaurant.
3. Rebecca Circle met at the home of Mrs. G. Goldrich.
4. Mother & Daughter Banquet was held. Dinner was brought in by "White Horse" carryout.



### TREASURER'S REPORT TO 31 MARCH 2018

*Below please find a report of this year's receipts and disbursements as compared to last year.*

	<u>Year to Date</u>	<u>Budget</u>	<u>Last Year</u>	<u>Variance</u>
<b>Current Operating Fund</b>				
Envelope Offering	31,380		43,118	(11,738)
Rent Income	7,710		7,545	165
Disbursements	73,983	70,725	81,048	(7,065)
Surplus (Deficit)	(34,892)		(30,385)	(4,507)
<b>Benevolence Receipts</b>				
Receipts	1,759		2,233	(475)
Disbursements	1,300		1,925	(625)
Surplus (Deficit)	459		308	150
<b>Debt Reduction</b>				
Receipts	542		784	(242)
Disbursements	-		-	0
Surplus (Deficit)	542		784	(242)
<b>Help for Others</b>				
Receipts	336		410	(74)
Disbursements	734		885	(151)
Surplus (Deficit)	(398)	0	(475)	77

Lynne Killinger, Treasurer

Heartfelt   
**THANKS**  
 TO OUR VOLUNTEERS!

**SERVING IN MAY**

*We appreciate all those who have agreed to serve this month. It is very important that you check the dates you have been assigned a task and that you arrive at church a little early on that Sunday. We all count on you.*

	<b><u>6 MAY</u></b>	<b><u>13 MAY</u></b>	<b><u>20 MAY</u></b>	<b><u>27 MAY</u></b>
Communion Assistants	Bob McGee Steve Krautner	Greg Jaworski Anthony Pepers	Reinhard Helbing Vivian Parker	Katelyn Inch Emily Inch
Ushers	Glenn & Cathy Egan Nancy Henkel	Steve & Jean Krautner Brady Hough	Greg & Tara Kuran Lawrence Petch	Bob & Carolyn Sellars Nancy Hickling
Acolyte	Alice Cooper	Heather Holmes	Herb Henkel	Nathan Killinger
Crucifer	Steve Krautner	Cheryl Millar	Greg Jaworski	Anthony Pepers
Reader	Jean Krautner	Brady Hough	Herb Henkel	Reinhard Helbing
Greeters	Rosemary Christensen Monica Spilsbury	Heather & Jeff Holmes	Viola, George Cooper & Family	Barb Hamilton Linda Reynolds
Altar Care	< -----Dorothy McGee & Barb Hamilton ----- >			
Refreshments	Lydia & Ted Reinhard	Carolyn & Bob Sellars	Barb Hamilton Linda Reynolds	Jean & Doug Hohnstein
Prayer Rotation	Thames Area Ministry for our working together	Our Anglican neighbours - St. Paul's and Bishop of Huron Linda Nicholls	Retired Pastors Rev Jack Dressler Rev Jim Garey Rev Dr Tom Ristine Rev Jo von Schmeling Rev Glen Sellick Rev Bob Zimmerman	

**CHURCH PICNIC ~ SAVE THE DATE**

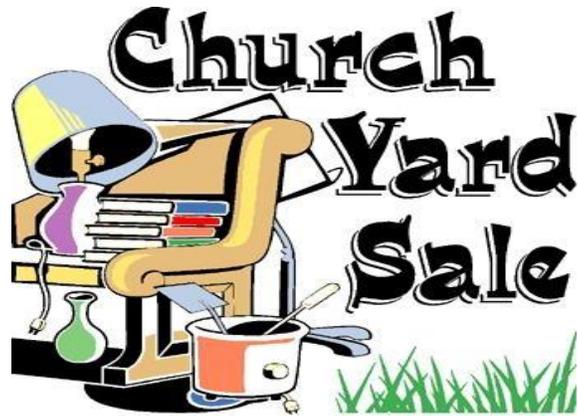
The Annual Tri-Congregational Picnic will be held on **Sunday 1 July** at Redeemer Lutheran Church, 1 Frank Place (at Wellington Rd.)  
 Watch for more details in our next newsletter!!

# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 LCFI 9 am  Inshallah Choir 5:30 pm  LCFI 7 pm	2  <b>Bible Study</b> <b>3 pm</b>  LCFI 7 pm	3 Choir 7:30 pm	4	5
6 6 <sup>th</sup> Sunday of Easter  LCFI 2 pm	7 Northern Hospitality 5:30 pm	8 Seniors' Worship & Luncheon 11:30 am  Inshallah Choir 5:30 pm  LCFI 7 pm	9 Bible Study 2 pm  LCFI 7 pm	10 Choir 7:30 pm	11	12
13 7 <sup>th</sup> Sunday of Easter  LCFI 2 pm	14  <b>Church Council</b> 7 pm	15 Inshallah Choir 5:30 pm  LCFI 7 pm	16 LCFI 7 pm	17 LCFI 10 Am  Choir 7:30 pm	18	19
20 Day of Pentecost  LCFI 2 pm	21 Victoria Day  Newsletter items due 9 am  <i>Office Closed</i>	22 Inshallah Choir 5:30 pm  LCFI 7 pm	23 LCFI 7 pm	24 Choir 7:30 pm	25	26  <b>Church Yard Sale</b> 8am-Noon  Confirmation Class 9 am
27 Holy Trinity  LCFI 2 pm	28	29 Inshallah Choir 5:30 pm  LCFI 7 pm	30 LCFI 7 pm	31 Choir 7:30 pm		

# TRINITY NEIGHBOURHOOD YARD SALE

Saturday 26 May 2018 - 8 am 'til Noon



## SUPPORTING NORTHERN HOSPITALITY MEALS

*Helping those less fortunate in our community*

### 40 Vendors Wanted

Reserve your FREE space &  
keep 100% of your sales  
(Financial donations to the  
Northern Hospitality Meals  
Program appreciated)

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Contact the Church Office  
to reserve your space

519-432-4832

Monday-Thursday 8:15 am-3:00 pm



Trinity Neighbourhood  
Yard Sale is a  
Faithlife Financial  
Matching  
Grant Project of  
up to \$300

