



TIDINGS

THE MONTHLY NEWSLETTER OF TRINITY LUTHERAN CHURCH OF WATERTOWN, MINNESOTA



Evangelical Lutheran
Church in America

JANUARY 2019

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SUNDAYS:

Worship 8:15 & 10:30 am
9:15 am Fellowship
9:30 am Sunday School

STAFF:

Pastor	Jeffrey M. Engholm
Minister of Music	Joyce Harding
Children's Ministry	Trisha Ragner
Office Manager	Robyn Behrens
Financial Secretary	Gail Cassidy
Financial Administrator	Mary Jech

Trinity Evangelical Lutheran Church

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20 + C + M + B + 19

The "chalking of the doors" is an ancient practice dating back hundreds of years, when people would write the date of the upcoming year above their doors with the letters C, M, and B tucked inside. If we were to do it today, it would look like the inscription above. Each letter stands for a Latin word. The "C" stands for "Christus", meaning "Christ". The "M" stands for "mansionem", meaning "house". And the letter "B" stands for

"benedicat", or "blessing". In other words, it's a prayer for the coming year: May Christ bless this house.

Today we stand at the beginning of 2019. God is doing a new thing in our church and in our homes, where we work and where we play, when we rise in the morning and when we go to bed at night. When you look back at last year, what new thing did God do in your life in 2018? When you look ahead to 2019, what new thing will God be doing in your life this coming year?

It's hard to predict the future – in fact, it's downright impossible! But there are practices we can do that help us prepare for what's to come. For instance, if we practice living in fear, then we'll probably be afraid most of the time, keeping our eyes closed, expecting the worst. But if we practice living in faith, then we'll probably be keeping our eyes open, walking tall, and discovering all the ways God is blessing us into a brighter future.

May Christ bless your home in the coming year.

20 + C + M + B + 19

What's Happening AT TRINITY LUTHERAN?



ANNUAL CONGREGATIONAL MEETING

Sunday, January 27, 2019
12:00 noon in the Fellowship Hall
(following an 11:30 am potluck)

Join us for a recap of 2018 at Trinity Lutheran Church as well as discussion and approval of the 2019 Budget and election of new leaders onto Trinity's Church Council, Committees and Boards. All confirmed members of Trinity are encouraged to attend the Annual Meeting.



Trinity 2019 Budget Review

On **Sunday, January 20**, Trinity Church Council members will present the 2019 Budget between services at 9:30 am in the Fellowship Hall. There will be time for questions and discussion.



Celebrating Trinity Preschool

Sunday, January 13

Trinity Preschool has faithfully served young children and their families in the Watertown community for over 40 years. It was with a heavy heart that the Preschool Board decided to close the preschool after the 2016-2017 school year due to a variety of reasons. But, we do not want to officially close this chapter of ministry without a celebration! Join us on Sunday, January 13 to recognize, celebrate and thank God for all the ways the Trinity Preschool ministry has touched lives throughout the years!

animate FAITH »

An adult education course that imaginatively explores topics of Christianity

First Sunday Series - Animate Faith

First Sunday of Each Month | 9:30 am

Join Pastor Engholm for a lively discussion based on a DVD presentation from some of today's finest theologians. No preparation or prior Bible knowledge required—simply bring your curiosity, your questions, and your cup of coffee as we take a deeper look at God, faith, the church, and religion.



OWLS (Older, Wiser Lutherans)

Thursday, January 17 | 10:00 am

Trinity's OWLS (Older, Wiser Lutherans) Fellowship Group meets on the third Thursday of the month for a variety of activities and events to relax, socialize and enjoy Christian fellowship with one another. Join us on Thursday, January 17 at 10:00 am in the Fellowship Hall. Let's play BINGO! Please bring along two small "prizes" to share ("white elephant" or otherwise).

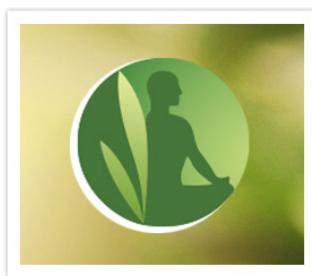
All "older" and/or "wiser" Lutherans and friends are invited to attend these fellowship gatherings.

»» Monthly EVENTS

The Apostles

Mondays, January 14 & 28

The Apostles, Trinity's dedicated group of handymen, meet regularly at 8:00 am on the 2nd and 4th Mondays of the month in the Fellowship Hall to conquer light maintenance projects around the church and property. They extend a warm welcome to whomever would like to join them for coffee, fellowship and to help out with a project or two!



Candlelight Yoga

Sunday, January 20

7:00 - 8:00 pm

Wind down your weekend in the most relaxing way: with yoga, candles, and stained-glass windows. Join instructor Hannah Rosholt for a vinyasa-

style Candlelight Yoga class in the Nylunda Chapel. Free will offering. Email Hannah at hvsieling@gmail.com to register.

Crafting Group

Tuesday, January 22

Do you craft? Do you knit, crochet, scrapbook, embroider, bead, draw (or any other craft)? Join a group of Trinity crafters in the Conference Room every 4th Tuesday of the month from 5:30 - 7:30 pm for an evening of dedicated time on your project(s) and a chance to hang out with other creative people. Children are welcome as well.



Heavenly Housekeepers

Thursday, January 24

Trinity's Heavenly Housekeepers get together on the 4th Thursday of the month at 9:00 am to complete light housekeeping duties around the church to keep it looking great. Helping hands are always welcome and appreciated!



Mental Health Listen & Learn Series

Sunday, January 27 | 9:30 am

As a part of our increased awareness of health and wellness at Trinity, the Parish Health Ministry Team will be hosting a series in 2019 on Mental Health. Please join us in the Fellowship Hall between services on January 27 for our first "Listen & Learn" session. We'll be discussing common mental health issues and statistics along with asking for your input on what mental health topics would be of most interest for future sessions. Katie Walker, Licensed Marriage and Family Therapist; MA LMFT and Parish Health Team members will lead our discussion. Start your new year off with helpful information on keeping your mind, body and soul healthy this year.



Trinity Book Club

Monday, February 3

6:30 pm | Mario's Italian Kitchen

The Trinity Book Club gathers on the first Monday of each month and is always open to new members. Our next book is *Killers of the Flower Moon* by David Grann, a twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history.

Want to be in the Book Club? Email Diane Johnson at dcjohn56@frontiernet.net to receive email notifications.

Congregational NEWS

Capital Campaign News

As we begin the new year, you will begin to hear a lot about Trinity's 2019 Capital Campaign. Here's a little recap of what it's all about.

In 2013, Trinity expanded its facility by adding elevators, air conditioning, office space, and a Gathering Hall to enhance our ministry in the community at a cost of about \$1.7 million. The intent was to pay off this amount with pledges from the congregation through three 3-year Capital Campaigns. In 2019, we'll begin our third 3-year campaign, where we hope to eliminate the final debt of around \$500,000. Trinity will be working with the consulting firm, KAIROS & Associates to help us with our third Capital Campaign.

As we celebrate what God is doing here at Trinity, we will also begin discussing other building and renovation projects that have been considered for the future. Watch for more details this month as we kick-off our 2019 Capital Campaign.

MEMORIALS

In memory of

Dale Barfknecht
\$10 ~ Undesignated

**Pastor & Mrs. Wm Anderson
& Viola Carlson Anderson**
\$100 ~ Christmas

COUNCIL MEETING HIGHLIGHTS

December 18, 2018

FINANCIAL REPORT

General Fund summary for November 2018

Beginning balance 11/1/2018
- **\$16,933.62**
General Fund income: \$ 30,519.99
General Fund expenses: \$ 34,247.50
Net balance (November): - \$ 3,727.51

General Fund balance as of 11/30/2018:
- **\$ 20,661.13**

Year-to date general fund EXPENSES exceed INCOME by \$44,648.47.

Building Fund expenses:

Loan interest payment: \$ 1,611.83
Loan principal payment: \$ 3,337.17

Mortgage loan balance:
\$ 512,237.32

Cash Summary

Bremer: \$ 11,925.65
(includes \$2,604.54 for Nov. federal withholding)
Citizen's Building Fund: \$ 54,334.75

M/S/C Ken Tufte / Hubie Widmer / carried

PASTOR'S REPORT:

Pastor Engholm shared his monthly report and a few events that are coming up: Christmas services, Preschool celebration, Annual Meeting, Camp Sunday, and Ash Wednesday.

OLD BUSINESS

- **Proposed Timeline on Capital Campaign Process:** Council reviewed the Capital Appeal Tentative Timeline. The Listening Phase (phase 1) will begin on January 6, 2019.

NEW BUSINESS

- **Audit Committee Member:** The Council made a nomination for the vacant Audit Committee seat.

A motion made to nominate Gina Phearman to fill a 3-year term on the Audit Committee.

M/S/C Hubie Widmer / Carol Murray / carried

- **Tour de Tonka 2019:** Trinity has committed to hosting a rest stop for the 2019 Tour de Tonka event on Saturday, August 3.

- **Review of Key Policy:** The current key policy is being re-evaluated as the number of groups using Trinity grows and changes.

- **Review and Discuss the Final Proposed 2019 Budget:**

A motion made to recommend the 2019 budget, prepared with a 2.5% salary increase, for a congregational vote at the 2019 Trinity Annual Meeting.

M/S/C Ken Tufte / Hubie Widmer / carried



Saint Lucia

TEA & OPEN HOUSE

Trinity's Saint Lucia Tea event is a traditional Scandinavian celebration of hope and peace for the Christmas season. Each year a member of our congregation is chosen as the Saint Lucia, the honored guest of the event.

2018 SAINT LUCIA

Jodi Boylan

Jodi has been a member of Trinity for nearly 23 years. In that time she has been a Sunday School teacher, a Confirmation Guide and a member of both the Church Council and the Stewardship Committee. She's enjoyed leading adult small group Bible studies and taking part in worship as a lector and children's moment presenter. She is also involved with Love INC Heartland, a social service organization supported by Trinity that serves our local communities. Jodi and her husband Steve have three grown children and they love spending time with them and their families.

Jodi celebrated her 60th birthday in December, and set a "60 Days To 60" challenge for herself. One of her challenge goals was to show generosity of spirit to her family, friends, strangers and in her community. The Lucia Tea was a perfect event for her to shine and do just that! It was great to have Jodi a part of our event.

Pastoral Care

It is difficult for pastors to know who is ill and/or hospitalized. Please contact the church office at 952-955-1891 if you or someone you know is in the hospital or is homebound and would like a visit or a phone call from Pastor Engholm.

PARISH Health Matters



The monthly column from Trinity's Parish Health Ministry Team

10 Healthy Snacking Tips



Happy New Year from the Parish Health Ministry team! Now that it's January, many of us are trying to return to our healthier eating habits, after enjoying endless delicious treats over the last month. Here are 10 healthy snacking tips to help get you back on track in the new year!

1. Make time to shop more often to keep healthy snacks (cheese, fruit, vegetables) fresh and available.
2. Enjoy protein-rich foods such as nuts, hard-cooked eggs, cheese, or yogurt for long-lasting energy.
3. Pair healthy foods with indulgent ones. Eat carrot sticks with a favorite dip or make a trail mix of nuts, dried fruit, and chocolate chips.
4. Swap out less nutritious snacks gradually. Instead of a candy bar every afternoon, try fruit sorbet or frozen yogurt with nuts.
5. If you are on the run, make a quick smoothie with frozen fruit, yogurt, and juice. Drink it on the road!
6. Remember that snacks have calories too. Enjoy snacks but make your portions smaller than at mealtimes.
7. Set a snack schedule, perhaps every three to four hours, to minimize mindless nibbling.
8. Plan ahead. Eat a healthy snack before attending an event if "better-for-you" snacking options will not be available. Put out small portions of healthy snacks while watching TV.
9. Make sure you have a way to keep perishable items cold. Pack foods in an insulated lunch bag with a small ice pack, or freeze foods that will be cool but thawed by snack time.
10. Make snacks fun by chopping colorful fruits and vegetables into small portions or using cookie cutters to cut sandwiches into different shapes.

Source: www.healthyeating.org

Here are few snack ideas for you to try: whole grain crackers with cheese, rice cakes with nut butter, yogurt with apple slices, trail mix with nuts, cereal, and dried fruit, string cheese and veggie sticks, or a handful of nuts with a glass of milk. Happy, healthy snacking in 2019!



REMEMBER THESE MEMBERS

Personal visits, phone calls, letters. . . Reach out to our care facility residents and those who are homebound. If you would like more information about our Outreach Visitation Ministry, please contact the church office.

HOME RESIDENTS

Gwen Dalchow, Paul Akins

FACILITY CARE RESIDENTS

**Lucille Munkelwitz, Bernice Olson,
Glen Sandquist**

Westwood Place | 209 Jefferson Ave. SW
Watertown, MN 55388

Rosella (Sally) Olson, Stella Halvorson

New Perspective of Waconia
500 S. Cherry St. Waconia, MN 55387

Marion Venske

Auburn Meadows | 591 Cherry Dr.
Waconia, MN 55387

Betsy Swanson

Presbyterian Homes | 4559 Shoreline Dr.
Spring Park, MN 55384

Diane Asfeld

The Estates at Delano | 433 Co. Rd. 30 SE
Delano, MN 55328

Gladys Cornell

Haven Homes of Maple Plain
1520 Wyman Ave, Maple Plain, MN 55359

Adelle Peterson, Verdella Fautsch

The Legacy of Delano | 1350 St. Peter Ave. E
Delano, MN 55328



Thank you to everyone who made the Christmas Season at Trinity so special this year, including:

- the Dalchow family for donating the Worship Center Christmas trees and all who helped decorate the church.
- the many musicians for sharing their talents at the Choir Concert, Advent Services, and Christmas Eve Services.
- Sarah Tronnes, Sophia Tronnes, Alli Kuntz, Trisha Ragner, and the children of Trinity for an excellent Children's Program.
- the Hospitality Team for preparing the Advent suppers, the Golden Agers Luncheon and the Lucia Tea.
- to all of the Lucia Tea bakers, helpers, servers and all who took part in this Trinity tradition.

Have You Remembered Trinity in Your Will?

Some people are able to continue to give to Trinity in death, as well as in life. Giving through your will helps to continue the 160-year tradition of ministry and mission at Trinity, continuing the legacy of your witness. With the advice of your attorney or tax adviser, the following language may be added to your will, trust, or codicil: **"I bequeath X% of my estate to Trinity Lutheran Church, 513 Madison Street SE, Watertown, MN 55388."** Thank you for considering a lasting gift to Trinity Lutheran Church!



Crow River Radio Hour

Saturday, January 19 | 7:00 pm

W-M Primary School Auditorium, 313 Angel Ave NW

Crow River Radio Hour is a fictional radio play celebrating small town Minnesota, featuring local bluegrass band Hillbilly Cadillac and various Trinity members. Tickets: \$10 Adults | \$5 Children under 18. Tickets on sale at Market Place Foods and at the door. All proceeds benefit the Watertown Fine Arts Council. Come out for a fun night of music, laughs, and a celebration of local talent!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NEW YEAR'S DAY Church Office Closed Happy Birthday Morgan Matson Joyce Nelson	2 6:00 pm Chapel Choir 6:30 pm 6-8 Confirm 6:30 pm Youth Group 7:30 pm Worship Choir 8:45 pm Praise Band I Happy Birthday Kayla Markgraf, Andrew Nichols, Rosie Schroers	3 7:15 pm Bluegrass Happy Birthday Carol Hendricks Jim Hunkins Diane Johnson	4 Happy Birthday Riley Delaney James Forcier Albin Neaton	5 Happy Birthday Gavin Anderson Ansen Dulas Nina Kirkman Tami Kuntz Bill Singsank
6 DAY OF EPIPHANY 8:15 am Worship (C) 9:15 am Fellowship 9:30 am Sunday School 9:30 am First Sunday 10:30 am Worship (C) Happy Birthday Theodore Lohmann	7 8:30 am Quilting 9:30 am Staff Meeting 6:30 pm Book Club 8:00 pm Praise Band II 8:00 pm AA Meeting Happy Birthday John McCain Elvina Nelson	8 6:45 pm Handbells Happy Birthday Emmett Behrens Becky Jobe	9 6:00 pm Chapel Choir 6:30 pm 6-8 Confirm 6:30 pm Kitchen Rsvd. 6:30 pm UnDecorating 6:30 pm Youth Group 7:30 pm Worship Choir 8:45 pm Praise Band I	10 6:30 pm Finance Mtg. 7:15 pm Bluegrass Happy Birthday Dawn Rud	11 11:00 am Jerome Eckstrom Memorial Service Happy Birthday Beth Gilles Gerald Gruette Lisa McCain Emma Ragner Tina Scanlon	12 Happy Birthday Ryan Otto
13 8:15 am Worship 9:15 am Fellowship 9:30 am Sunday School 10:30 am Worship Happy Birthday Zachary Holman	14 8:00 am Apostles 8:30 am Quilting 9:30 am Staff Meeting 2:00 pm Priscilla Circle 8:00 pm Praise Band II 8:00 pm AA Meeting Happy Birthday Jake Salzsiedler, Josh Scanlon, Amy Tatge	15 6:30 pm Church Council 6:45 pm Handbells Happy Birthday Kaitlyn Hecksel Doug Hendricks Randy Ragner	16 6:00 pm Chapel Choir 6:30 pm 6-8 Confirm 6:30 pm Youth Group 7:30 pm Worship Choir 8:45 pm Praise Band I	17 10:00 am OWLS 7:15 pm Bluegrass Happy Birthday Ella Hunkins, Kayla Lian, Jordyn Salzsiedler, Kennedy Tufte	18	19 Ipekci/Walker Wedding (offsite)
20 8:15 am Worship (C) 9:15 am Fellowship 9:30 am Budget Forum 9:30 am Sunday School 10:30 am Worship (C) 7:00 pm Yoga Happy Birthday Joshua Stenson	21 8:30 am Quilting 9:30 am Staff Meeting 8:00 pm Praise Band II 8:00 pm AA Meeting Happy Birthday Dori Akins James Nelson	22 5:30 pm Crafting Group 6:45 pm Handbells	23 6:00 pm Chapel Choir 6:30 pm 6-8 Confirm 6:30 pm Youth Group 7:30 pm Worship Choir 8:45 pm Praise Band I Happy Birthday Gail Cassidy, Trisha Ragner, Jody Zellmann	24 9:00 am Housekeepers 10:00 am Westwood 7:15 pm Bluegrass Happy Birthday Emma Hunkins Roxanne Lunderby	25 Happy Birthday Ethen Bergstrom	26 Happy Birthday Frank Fritzke, Chris Morris, Kailey Paschke, Kristina Skahaug, Emma Thonn
27 ANNUAL MEETING 8:15 am Worship 9:15 am Fellowship 9:30 am Sunday School 10:30 am Worship 11:30 am Potluck 12:00 pm Annual Mtg. Happy Birthday Corinne Dahl, Nora Delaney, Jamie Isakson, Natalie Johnson, Hattie Neaton, Jane Morrow	28 8:00 am Apostles 8:30 am Quilting 9:30 am Staff Meeting 8:00 pm Praise Band II 8:00 pm AA Meeting Happy Birthday Travis Markgraf	29 6:45 pm Handbells Happy Birthday Autumn Guetzkow Alaina Thonn	30 6:00 pm Chapel Choir 6:30 pm 6-8 Confirm 6:30 pm Youth Group 7:30 pm Worship Choir 8:45 pm Praise Band I Happy Birthday Gordon Asfeld, Jayce Blacketter, Karla Brabec Tasha Hafften - Redel, Jason Koets, Ken Tufte, Michelle Sandquist	31 7:15 pm Bluegrass Happy Birthday Mary Ann Kamann		



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ADDRESS SERVICE REQUESTED

If you have a new address or if you would like to be removed from our mailing list, please contact the church office at 952-955-1891 or trinityoffice@trin.org.

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SHINE
where you are



Trinity Lutheran Annual Congregational Meeting

Sunday, January 27, 2019
12:00 noon
(following an 11:30 am potluck)
Trinity Fellowship Hall



Facebook/Trinity Lutheran Church (ELCA) Watertown MN

Last Month in Pictures



The Good News Angel found lots of Christmas cheer at Trinity in December!