

Trinity Lutheran Church & School
300 Broad Street
Menasha, WI 54952

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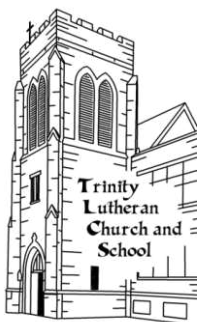
*The Lord appeared to him from afar saying
“I have loved you with an everlasting love;
therefore I have drawn you with lovingkindness.”*

Jeremiah 31:3



February 2022 Newsletter





Trinity Lutheran Church and School

300 Broad Street
Menasha, WI 54952

Church Phone: (920) 722-2662 / **School Phone:** (920) 725-1715

Church Office Hours: Monday-Friday, 8:00 am to 3:00 pm

Worship Services:

Saturday – 5:00 pm; Sunday – 9:00 am; Wednesday – 6:30 pm

Education Hour: Sunday - 10:30 am

In Person & Online Worship Service and Education Hour

Trinity's website: www.trinitymenasha.com

Services will continue to be available for live streaming on Trinity's Facebook page, and for later viewing on YouTube. Check the church website for more details.

Important Dates:

February 1: 6:30 PM Board Meetings

February 8: 6:30 PM Board of Directors Meeting

February 8: 9AM – 12 Noon, Circuit Pastors Meeting @ Hope, Fond du Lac

February 12: 9:00 AM Food Pantry

February 21: NO SCHOOL-President's Day

February 26: 9:00 AM Food Pantry

happy
Valentine's
day

Happy
Birthday

Best wishes for a blessed and happy birthday to Reverend Harley Kopitske, who turns 90 on February 7!

Lenten Meal Hosts March/April

March 2: Board of Worship

March 9: Board of Outreach and Social Ministry

March 16: Board of Elders

March 23: Board of Stewardship

March 30: Board of Education

April 6: Board of Directors

Holy Communion

We are once again offering the choice of Common Cup or Individual Cup.



Check your mailbox for the 2022 Offering Envelopes & 2021 Contribution Statements.

Our Mission Statement:

Trinity Lutheran Church and School, Menasha, is a fellowship of Lutheran Christians being empowered by the Holy Spirit through the Word of God and His Sacraments to encourage, refresh, and strengthen both adults and children in the redemptive work of Jesus Christ, while sharing His love with those who do not yet know their Lord and Savior.



Senior Pastor:

✠ Rev. Steven S. Billings

Assoc. Pastor/Principal:

✠ Rev. Keith E. GeRue

Director of Music:

Mr. Tim Reuning



Organist:

Mrs. Nancy Lephart

Trinity Lutheran Church & School
 Church Phone: (920) 722-2662
 School Phone: (920) 725-1715

February 2022

Church Office Hours:
 Monday-Friday, 8 AM – 3 PM
 Email: ChurchAdmin@trinitymenasha.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30 AM Ladies BS 6:30 PM Board Mtgs	2 8:45 AM Chapel 3:45 pm Instructional Basketball 5 PM Catechism 6:30 PM Worship Svc	3 6 AM Mens BS TBD Basketball B team Tourney @ Trinity Oshkosh	4 2:45 pm Electives Popcorn Friday TBD Basketball B team Tourney @ Trinity Oshkosh	5 5 PM Worship Svc Soup & Bread Sale TBD Basketball B team Tourney @ Trinity Oshkosh
6 9 AM Worship Svc-In Person & Online 10:30 AM Ed Hour-In Person & Online Soup & Bread Sale	7 Pastor's Sabbath 9 AM Sewing 4:30 & 5:30 B-ball Trinity Osh @ Home 6 PM Prayer Time 6:30 PM Women's BS	8 6:30 AM Ladies BS 9 AM-12 PM Circuit Pastors Mtg 6:30 Bd of Dir Mtg	9 8:45 AM Chapel 3:45 pm Instructional Basketball 5 PM Catechism 6:30 PM Worship Svc	10 6 AM Mens BS 5 th -6 th CWES	11 5 th -6 th CWES	12 9 AM Food Pantry 5 PM Worship Svc Soup & Bread Sale
13 9 AM Worship Svc-In Person & Online 10:30 AM Ed Hour-In Person & Online Soup & Bread Sale	14 Valentine's Day Pastor's Sabbath 9 AM Sewing 3:45 pm Chess Club 6 PM Prayer Time 6:30 PM Women's BS	15 6:30 AM Ladies BS 6:30 PM Ladies Aid/LWML (SFH)	16 8:45 AM Chapel 3:45 pm Instructional Basketball 5 PM Catechism 6:30 PM Worship Svc	17 6 AM Mens BS 5:00 pm Basketball Party	18 2:45 pm Electives Popcorn Friday	19 5 PM Worship Svc Soup & Bread Sale
20 9 AM Worship Svc-In Person & Online 10:30 AM Ed Hour-In Person & Online Soup & Bread Sale	21 President's Day NO SCHOOL Pastor's Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's BS	22 6:30 AM Ladies BS	23 8:45 AM Chapel 3:45 pm Instructional Basketball 5 PM Catechism 6:30 PM Worship Svc	24 6 AM Mens BS 2:45 pm Electives	25	26 9 AM Food Pantry 5 PM Worship Svc
27 9 AM Worship Svc-In Person & Online 10:30 AM Ed Hour-In Person & Online	28 Pastor's Sabbath 9 AM Sewing 3:45 Chess Club 6 PM Prayer Time 6:30 PM Women's BS					

WEDDING ANNIVERSARIES – FEBRUARY 2022

12/13 MEHL, Roy & Ruby
 12/13 MEYER, Scott & Sandy
 02/15 BARTELME, Gary & Linda
 02/20 COLLINGWOOD, David & Rosemary
 02/24 PEOTTER, Jerry & Diane
 02/28 HENKEL, Blaine & Connie



BIRTHDAYS – FEBRUARY 2022

02/01 LOHR, Katelyn
 02/02 COLLINGWOOD, Rosemary
 02/02 OLSON, Lisa
 02/02 WUSSOW, Sandy
 02/03 HENRICKSON, Dawn
 02/03 MAHONEY, Michelle
 02/04 REICHERT, Paula
 02/05 GAST, Melani
 02/06 BURSACK, Justin
 02/06 CLEVELAND, Autumn
 02/06 KEMPF, Brenda
 02/06 PAUL, Betty
 02/06 WRIGHT, Ruth
 02/08 FRIEBEL, Alex
 02/08 SIEGEL, Amy
 02/09 LINDNER, Gavin
 02/10 GAST, Skyler



02/11 FORBES, Lorna
 02/12 JORDING, David
 02/13 ROSS, Randy
 02/13 SCHMIDT, Henry
 02/13 SCHRAMPFER, Martin

02/14 MAYNARD, John
 02/17 HOPFENSBERGER, Alayna
 02/17 MEHL, Roy
 02/19 EVENSEN, Carol
 02/19 GERUE, Rev. Keith
 02/19 SIEGEL, Sophia
 02/20 RIVORD, Ellen
 02/20 WILKE, Rita
 02/21 MAYNARD, Sue
 02/23 GROSHEK, Jeff
 02/23 KOBS, Dylan
 02/23 KOHLER, Carl
 02/23 RISKE, Carl
 02/10 BARTELME, Henry
 02/24 HOPFENSBERGER, Robert
 02/26 SCHAEFER, LeRoy
 02/27 KOHLER, Todd
 02/27 PAGEL, Burnette
 02/28 TOEPPLER, Jean

✝ Trinity Membership Update ✝



New Members/Transfers In:

Released/Transfers Out:

Baptisms: Mya lantha Worm-1/23/2022

Weddings:

Members Who Have Passed: Ralph Lohr-1/2/2022

²⁵For I know that my Redeemer lives, and at the last He will stand upon the earth. ²⁶And after my skin has been thus destroyed, yet in my flesh I shall see God. Job 19:25-26

TRINITY LUTHERAN CHURCH - FINANCIAL REPORT DECEMBER 2021

	<u>BEGINNING BALANCE</u>	<u>DEPOSITS/INCOME</u>	<u>WITHDRAWALS/EXPENSES</u>	<u>ENDING BALANCE</u>
Nicolet General Fund	\$16,917.00	\$114,836.59	(\$104,908.94)	\$26,844.65
Nicolet Restricted Funds	\$146,354.98	\$2,150.00	(\$110.00)	\$148,394.98
LCMS Endowment Fund	\$132,133.52	\$471.10	(\$1,861.74)	\$130,742.88
LCEF Steward Fund	\$1,597.39	\$7,453.08	(\$7,414.10)	\$1,636.37
Nicolet Money Market	\$52,960.37	\$1.09	(\$10,000.00)	\$42,961.46
RBC Account	\$53,930.17	\$3,189.53	(\$140.00)	\$56,979.70
Nicolet Memorial Fund	\$7,279.57	\$300.56	\$0.00	\$7,580.13
Nicolet Office Acct	\$1,807.39	\$0.02	\$0.00	\$1,807.41
Nicolet Debts Repaid	\$3,089.52	\$0.23	\$0.00	\$3,089.75
Nicolet Think Tank	\$3,182.95	\$0.24	\$0.00	\$3,183.19
Nicolet Scrip	\$24,579.19	\$37,560.21	(\$43,390.87)	\$18,748.53
TOTAL	\$440,075.44	\$165,962.65	(\$167,825.65)	\$438,212.44
LCEF Mortgage (BOTR)	\$1,017,720.55		(24,993.49)	\$992,727.06

\$ SCRIP News \$

SCRIP is sold in the Church/School Office, Monday - Friday from 8:00 AM-3:00 PM, and in the narthex before and after worship services.

How to Order Scrip? Call the office Monday– Friday from 8:00 AM - 3:00 PM at (920) 722-2662 or email your order to: ChurchAdmin@trinitymenasha.com. They will put it together for you.

Fleet Farm Scrip—get yours now at a special 10 percent discount!

Tom's Drive In Scrip—10 percent rebate!

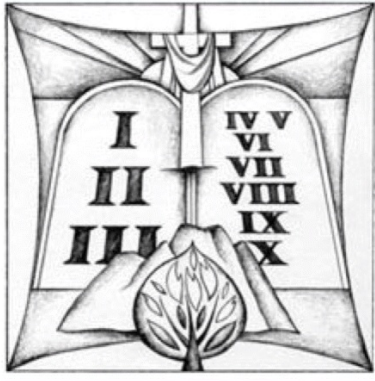
Church Treasurer Needed

Kari Lindner has informed me that she will be stepping down as the Treasurer of Trinity effective January 1, 2022.

I thank Kari for her service as Treasurer, using her time and talents to God's glory.

Kari is willing to train a replacement and help out until a new treasurer is selected.

If you have skills in accounting and feel moved by the Lord to take on this position, please contact Blain Henkel at (920) 729-4445.



Catechetical Comments

A Series

THE TEN COMMANDMENTS

This month we continue our look at The Close of the Commandments:

What does God say about all these commandments? He says, “I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep My commandments.” [Ex. 20: 5–6]

What does this mean? God threatens to punish all who break these commandments. Therefore, we should fear His wrath and not do anything against them. But He promises grace and every blessing to all who keep these commandments. Therefore, we should also love and trust in Him and gladly do what He commands.

Question 83. What is actual sin?

Actual sin is every act against a commandment of God in thoughts, desires, words, or deeds.

The *Catechism 1991* now asks: “What is actual sin?” And it answers this question by saying: “Actual sin is every act against a commandment of God in thoughts, desires, words, or deeds.”

In support of this it sets forth the following Scripture passages:

Matt. 15:19 – Out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.

James 1:15 – Then desire when it has conceived gives birth to sin. (Sins of commission)

James 4:17 – So whoever knows the right thing to do and fails to do it, for him it is sin. (Sins of omission)

Original sin is the sinful condition in which we are born, our natural propensity toward sin, our inborn inclination to violate the Law of God.

Original sin is, therefore, the root, the trunk, and the branches of the tree of sin.

Actual sin, on the other hand, is the fruit of that tree, the actual committing of the sins with which our sinful nature burdens our consciences.

Luther, in his *Small Catechism*, divides actual sins into two categories: Sins of commission and sins of omission.

Sins of commission consist of actions taken on our part in the violation of the will of God. This could be stealing (7th Commandment), lying (8th Commandment), or living a sexually immoral life (6th Commandment), among other things. Sins of commission involve sinful things we *do*.

Sins of omission consist of actions we have not taken that we should have. If we have not honored God’s name and kept it holy (2nd Commandment), if we have not held worship in God’s house to be sacred (3rd Commandment), if we have not held our parents and other authorities in godly respect (4th Commandment), we have committed sins of omission. Sins of omission involve the sinful neglect of things we should do but have not. ✠

Humbly in His service,
Rev. Steven S. Billings
Senior Pastor

Serving Our Lord with Gladness – February 2022

Senior Pastor: Rev. Steven S. Billings

Associate Pastor/Principal: Rev. Keith E. GeRue

Worship Date/Time	Acolyte	Elder on Duty	Communion Assistant	Usher Captain	Greeter	Altar Guild
Feb. 2: 6:30 pm Feb. 5: 5:00 pm Feb. 6: 9:00 am	Mirella Taschner Braelyn Boss	Roger Voigt Tom Harrmann Brian Ratzburg	Bruce Buksyk	Steve Reinke/Bill Diesch Jerry Maynard Steve Sexmith	Barb Kester Jane Nielsen	Laurel Wirth Phil/Mary Conradt Gail Burrows
Feb. 9: 6:30 pm Feb. 12: 5:00 pm Feb. 13: 9:00 am	Melani Gast Dylan Kobs	Craig Thomas Tom Harrmann Brian Ratzburg	Robert Flater Ian Thomas Robert Flater	Steve Reinke/Bill Diesch Lee Colby Dave Collingwood	Jean Zeinert Rose Collingwood	Jean Zeinert Phil/Mary Conradt Gail Burrows
Feb. 16: 6:30 pm Feb. 19: 5:00 pm Feb. 20: 9:00 am	Donovan Rausch Levi Kroes	Dave Collingwood Tom Harrmann Brian Ratzburg	Dan Siebert Steve Sexmith	Steve Reinke/Bill Diesch Roger Voigt Jim Wittmann	JoAnn Schultz	Jean Zeinert Phil/Mary Conradt Gail Burrows
Feb. 23: 6:30 pm Feb. 26: 5:00 pm Feb. 27: 9:00 am	Maya Torres Emma Schmidt	Lee Weinig Tom Harrmann Brian Ratzburg	Vance Poes Blaine Henkel	Steve Reinke/Bill Diesch Tom Harrmann Lee Weinig		Jean Zeinert Phil/Mary Conradt Gail Burrows



Church Office Hours:

Monday-Friday – 8:00 am-3:00 pm

Jean Zeinert & Mary Conradt, Church Administrative Assistants

Phone: (920) 722-2662 ext. 201

email: ChurchAdmin@trinitymenasha.com



Check Your Mailbox

Please check your mailboxes for the 2022 Offering Envelopes and Contribution Statements. Thank you!



From the School

An Office for Sin—An Office for Forgiveness

One of the wonderful teachings that is unique to the Lutheran church is the teaching of vocation. Usually when we hear the word “vocation” we think of a job or career. We think of one’s “chosen vocation.” But the word vocation comes from the Latin *vocatio* meaning “calling.” The teaching of vocation refers to the various stations God has placed us in. In addition to the job God has given you, He has placed you in many and various stations: father, mother, brother, sister, son, daughter, citizen, Christian, neighbor, church member, School Board Member, employee, employer, etc. In addition to vocation and station, another word that describes this idea is “office.” Certain things you do you do according to your office of father or your office of neighbor or office of Christian. You really shouldn’t do anything which you don’t have the office for. All the acts you do according to the office you’ve been given, you do in service to your neighbor.

No matter what your vocation or office is, there are certain things that go with each and every one. First and foremost, every vocation is given for the sake of your neighbor. God is serving your neighbor through you and your vocation. When you serve your neighbor, his needs are being met by God through you. Vocation is given so that you would serve your neighbor, not in heaven but here on earth, in the world ruled by the law. And where the law is, that is where sin is. It was in this context that Luther develops the expression *simul iustus et peccator* (saint and sinner at the same time).¹ You are born into sinful flesh which you cannot escape in this life and this flesh cannot escape the law which rules this world. Though God serves your neighbor through you, you will sin against your neighbor in everything you do in this office. In meeting with couples to wed in premarital catechesis, it’s good for pastors to point out to the couple that the person they are about to marry will be the person that will sin against them more than anyone else the rest of their lives. This means that the office of husband is a great and wonderful office to which the wife receives wonderful blessings from God through that husband. Yet it’s in that office of husband that he will log more sins against his neighbor (in this case, his wife). Upon entering holy matrimony, a man will find that his new-found office of husband provides him with daily examples that show him he is born a sinner. This is because whenever his new man makes a move to serve his wife with a good work, his old Adam moves with him to sin against her. And this is true for all the vocations which the Lord has given us. It’s in the context of our vocations that our new man delights to serve our neighbors, but it is also within the context of our vocations that old Adam finds new ways to sin against his neighbor.

Yet, for the Christian who believes the Gospel, this reality does not scare him away from continuing to serve his neighbor. Because the Christian stands as one justified for the sake of Jesus Christ. He goes out to serve his neighbor, knowing he can’t help but sin, but also knowing he is justified and that his neighbor is served. This is how one could be advised to “sin boldly,” not to revel in transgression, but a willingness to bare trespasses so to serve the neighbor with the knowledge that trespasses have been atoned for. For the Christian, this is a cross². He is constantly being torn in two between the New Man who wants to serve the neighbor in perfect love and the Old Adam who wants to sin as much as possible along the way. This is why Luther can say that it is in our vocations that we are given our

¹ Wingren, Gustaf. *Luther on Vocation*. (Evansville, IN: Ballast Press, 1994), 56.

² Ibid, 51.

crosses.² Our suffering comes at the cost of serving our neighbor. Yet we do it because Christ has made the cross and light and yoke easy.

It's through these vocations, in our respective offices that we are granted forgiveness. It's in these offices that we see a clearer picture of God's mercy and forgiveness. When before the bachelor never needed to confess sins he committed against his wife, but in the office of husband finds himself constantly confessing such sins, the husband hears an absolution that is new to him. God forgives us in respect to the offices He's placed us in because we sin according to the offices, He's placed us in. This is why Luther teaches us in the small catechism on confession and absolution:

Consider our place in life according to the 10 commandments, are you a father, mother, son, daughter, husband, wife, or worker?

God absolves us when we sin as father, mother, brother, sister, son, daughter, citizen, Christian, neighbor, church member, School Board Member, employee, employer, etc. While God is serving your neighbor through you with His gifts, He is also there serving you forgiveness. It's in these various vocations that we see that grace abounds because it's in these vocations that our flesh finds ways to sin that we've never thought of before. Therefore, we see God's forgiveness in ways we've never seen before.

School Calendar February 2022

Feb. 1	3:45 pm Basketball Practice	Feb. 16	8:45 am Chapel
Feb. 2	8:45 am Chapel		3:45 – 5:00 pm Instructional Basketball
	3:45 pm Faculty Meeting	Feb. 17	5:00 pm Basketball Party
	3:45 – 5:00 pm Instructional Basketball	Feb. 18	Midterms
Feb. 3	3:45 pm Basketball Practice		2:45 – 3:15 pm Electives 3
Feb. 4	2:45 – 3:15 pm Electives		Popcorn Friday
	Popcorn Friday	Feb. 19	5pm Worship
Feb. 5	5pm Worship	Feb. 20	9am Worship
Feb. 6	9am Worship		10:30am Ed Hour
	10:30am Ed Hour	Feb. 21	NO SCHOOL President's Day
Feb. 7	4:30 & 5:30 pm B-ball Trinity Oshkosh @		Washington's Birthday
Home		Feb. 23	8:45 am Chapel
Feb. 9	8:45 am Chapel		3:45 – 5:00 pm Instructional Basketball
	3:45 – 5:00 pm Instructional Basketball	Feb. 25	2:45 – 3:15 pm Electives
Feb. 10	100th Day of School	Feb. 26	9am Food Pantry
	5 th & 6 th Graders CWES		5pm Worship
Feb. 11	CWES	Feb. 27	9am Worship
Feb. 12	Lincoln's Birthday		10:30am Ed Hour
	5pm Worship	Feb. 28	3:45 – 4:45 pm Chess Club
Feb. 13	9am Worship		
	10:30am Ed Hour		
Feb. 14	Valentine's Day		
	3:45 – 4:45 pm Chess Club		

Stewardship Talk - February

One day a professor entered the classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin. The Professor handed out the exam with the text facing down, as usual. Once he handed them all out, he asked the students to turn the paper over. To everyone's surprise there were no questions – just a black dot in the center of the paper. The Professor, seeing the expressions on everyone's faces, told them the following: I want you to write about what you see there. The students confused, got started on the inexplicable task.

At the end of the test, the Professor took all the exams and started reading them out loud in front of all the students. All of them with no exception, defined the black spot, trying to explain its position in the center of the sheet. After all had been read, the classroom silent, the Professor started to explain:

I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same happens in our own lives.

We have a white piece of paper to observe and enjoy but we focus on the dark spot. Our life is a gift given to us by God, with love and care, and we always have reasons to celebrate nature renewing itself every day, our friends around us, the job that provides our livelihood, the miracles we see every day. However, we insist on focusing only on that dark spot – the health issues that bother us, the lack of money, complicated relationships, a disappointment with a friend, etc., etc.

The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our mind. Take your eyes away from the black spots in your life. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love.

James 1:2-3 "My Brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience."

Thank you!



Bible Study Opportunities at Trinity Lutheran Church:

10:30 AM Sunday School – Pre K-6th Grade begins in the Second Floor Choir Room

10:30 AM Sunday – "**Community. We are not alone.**" with Rev. Alliet & Rev. Billings (In Person & Online) - LFH

10:30 AM Sunday – Young Adult Bible Study (7-8th Grades, High School & College Students) "**Daniel a Man of God**" with Rev. GeRue - SFH

10:45 AM Sunday – **Book of Isaiah** with Blaine Henkel—Narthex Conf. Room

6:30 PM Monday – Women's Bible Study, "**Joy: A Study of Philippians**" by Deb Burma, with Connie Henkel, Large Conference Room

6:30 AM Tuesday – Ladies Bible Study, **Ten Minute Bible Journey** with Dottie Kraus

6:00 AM Thursday – Men's Bible Study, **Book of Acts** with Steve Reinke, Large Conference Room

For more information, please get in touch with the contact person listed above or contact the church office.

Sewing & Non-Sewing Help Needed

Non-sewing help needed for the Shelter Sewing group. We have been continually blessed with donations from Fair Market of sheets, fillers and much more, to the point that we need help sorting and cutting apart items that have come in. Working at home is an option or come and share the comradery (and a cup of coffee) while working together to make warm coverings for the needy. We meet Mondays at 9-ish. Contact Elaine for more information. 920-470-9090. More sewers are always welcome too!



Would you like to help in this fundraising effort?



Did you know Trinity will take your aluminum cans for our recycling effort? The price Trinity is getting, per pound for aluminum, is the highest we have gotten in the past few years.

You can deposit your bags of cans in the blue recycling bin, inside Door 7. We appreciate your efforts.

Friends of the Pipe Organ & Grand Piano Soup & Bread Sale January 22–February 20 (Before & After Services)

A variety of Soups and Breads will be available. A ready-made meal to warm the day.

Bring in your favorite soup or bread/quick bread to support the maintenance of our organ and grand piano. Jars and instructions will be available in the Narthex. Contact Elaine with any questions (920) 470-9090. If you have a favorite, you'd like us to make - let us know.



Thrivent Choice Dollars

Now is a great time to check your Thrivent Choice account choice dollars balance. A reminder- all choice dollar amounts can be directed to Trinity Church or School but must be completed before March 31st. Thanks.

January 2022

Vitamin D-The Sunshine Vitamin

By: Crystal Meltz MS, RD

Sources: Dietary Guidelines for Americans 2020-2025,

January has her cold grips around us here in Northeast Wisconsin keeping us indoors and warm. Our days are shorter and darker, making it difficult to get the adequate 15-30 minutes of sun exposure a few times a week to make Vitamin D in our skin.

When skin is exposed to UVB rays of sunlight, vitamin D3 is then synthesized from cholesterol.

Vitamin D plays many roles in our bodies including:

***Bone Health *Immune System**

***Reduces Inflammation & Insulin Resistance**

***Improves Mood**

Vitamin D is a fat soluble vitamin that is absorbed in the gut, stored in fat cells and then converted to an active form with the assistance of the liver and kidneys for the body to use. There are two forms of Vitamin D. Vitamin

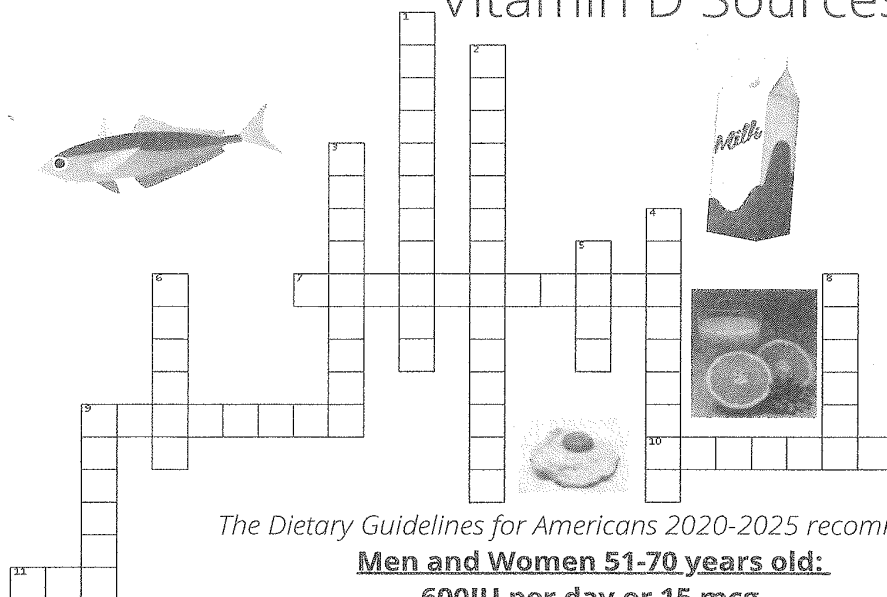
D2 is from plants and needs to be converted to the active form whereas, Vitamin D3 is animal sourced and already in the active form. There are very few foods that naturally have Vitamin D, however fatty fish like salmon or sardines are good sources. Beef liver, cheese, egg yolk and some mushrooms provide small amounts.

Foods with added Vitamin D are called "fortified foods". Milk, yogurt, orange juice, and cereals are also good fortified sources of vitamin D. Check the label for vitamin D content.

Some individuals need Vitamin D supplements due to liver, kidney or GI issues making the conversion to the active form difficult. People with dark skin or older adults that experience skin changes as they age may also have difficulty converting Vitamin D when exposed to the sun.

A laboratory test from your doctor can determine if there is a need for supplementation.

Vitamin D Sources



ACROSS

- 7. fortified beverage
- 9. small fatty fish
- 10. animal sourced from chicken
- 11. skin makes vitamin D from this source

DOWN

- 1. people who are deficient in vitamin D take these
- 2. foods with added vitamin D
- 3. plant based fungi
- 4. animal sourced organ
- 5. fortified animal based beverage
- 6. fermented dairy product with add vitamin D
- 8. fortified morning grain
- 9. fatty fish

The Dietary Guidelines for Americans 2020-2025 recommends

Men and Women 51-70 years old:

600IU per day or 15 mcg

Men and Women 71 years and older:

800 IU per day or 20 mcg of Vitamin D per day .

Amounts may vary based on what is recommended by your doctor.

orange juice, sardines, egg yolk, sun, supplements, fortified foods, mushrooms, beef, liver, milk, yogurt, cereal, salmon

Ladies Aid/LWML Fundraising Events

A heartfelt thank you to all who participated in Trinity Ladies Aid/LWML November Bake Sale and the December Cookie/Candy Sale. Our proceeds for the bake sale were close to \$2400 and over \$1000 for the cookie/candy sale. We are also most grateful to Mark and Jean Becker for their most generous gift of \$2200 of which the greater part was designated for our outside missions. We recently had our January 2022 Ladies Aid/LWML meeting and distributed our financial blessings as follows:

Thank you!

Outside of Trinity:

- Amanda Groshek Ministry in Ukraine \$500
- Reverend Walter and Robyn Steele Ministry in Matongo, Africa \$500
- Matthew and Lauren Kinne Family (seminary student at Fort Wayne) \$500
- Jews for Jesus (Burning Bush Ministry) Reverend Kevin Parvis \$300
- Amy Formella, Bible Translator in Sierra Leone \$300

Trinity Church & School:

- \$800 to Trinity School (\$100 to each homeroom teacher plus art teacher Julliet Colby for use in the classrooms)
- \$600 to Trinity for cleaning supplies/floor wax
- \$300 to Trinity for replacement of 3 faucets in lower level boys' bathroom
- \$300 to Trinity Altar Guild for altar flowers monthly
- \$1400 has been designated for new furniture in our narthex area

The Ladies of Trinity Ladies Aid/LWML joyfully serve their Lord, their Trinity Congregation, their community, and missions all over the world. All ladies are invited to join us at any time or become a member of our group. Meetings/events are the third Tuesday of every month at 6:30 p.m. unless otherwise specified.

Sewing is every Monday at 9 a.m. (Sewing experience is not needed). We gather in the Small Fellowship Hall. Within the last year our dedicated sewing group has sent 52 quilts to Lutheran World Relief along with the 100 health kits and 100 school kits for which Trinity parishioners donated many items. Again thank you! The sewers have also completed 208 quilts and delivered them to Pillars Homeless Shelter along with 65 blankets, 146 sheets, and 331 pillowcases. The Clothes Closet has received 57 quilts, 14 blankets, 28 sheets, 25 pillowcases, and 19 bedspreads. The Harbor House Abuse Shelter received 12 fleece blankets.

It is obvious these ladies are dedicated with their time and talents and contribute much financially to complete all the quilts etc. Their hearts overflow with love for their Lord and His people. They would welcome your help for the many tasks that go into this ministry.



YEAR 2, JANUARY 2022

CALLED TO GO: KYIV, UKRAINE

*The newsletter of Amanda Groshek
(teaching English, sharing Jesus)*



The elementary Christmas programme at school

STAY IN TOUCH:

Email:

amanda.groshek@missionofchrist.org

Blog:

[Called to Go](#)
([on Wordpress](#))

FOLLOW THE STAR

Conversations from the classroom

"Do you remember what they said about the planet [the one that was burning and in pieces]?" I asked the students after watching a short video entitled 'Magi.'

"That it's Earth?" suggested one student.

"They said that it was broken, that all the planets were broken," answered another student.

"Yes, since because of sin, we live in a broken world; but then came..." I started.

"Jesus!" a student filled in.

"...to heal it," I concluded.

And with that in mind, the ninth graders started writing their first journal entry of the second semester and 2022, which was to reflect on and write about the short film we'd just watched about the wise men following a star that would guide them to their and our Saviour.



The Christmas tree on the main avenue of my neighbourhood.



COFFEE OR TEA?

Volunteering with my friend through an organization that works with the homeless

For months now one of my friends here in the city has been volunteering once a week at a local organization that works with the homeless community in Kyiv's city centre. It is something that she is passionate about and she invited me to join her back when she first started going, but at the time my schedule didn't allow for it. With no school or tutoring this week though, when she happened to message me yesterday asking, "Would you want to come with us to make sandwiches and hand them out to the homeless?" -- although I am always a little nervous going into large scale interactions with my limited Russian/Ukrainian -- I had no reason to say no and also think that what this group is doing is important, so I agreed to go.

We met outside of the metro station and walked to an apartment building nearby. Like so many offices here, it is located in a space which was once an apartment. My friend buzzed the apartment that we'd be going to and the door opened. We took an old Soviet era elevator up. As soon as we walked in the door of the flat-turned-office we were greeted by some of her friends and fellow volunteers. We washed our hands and headed to the kitchen where there was already a sandwich assembly line formed around the table in the middle, and large metal pots (like you'd use to make soup to feed an army) of tea brewing on the stove. We joined the circle around the table, putting the assembled and wrapped bologna sandwiches into

large plastic bags that we would later use to haul them to the nearby distribution site.

Sandwiches were made and packed and the tea brewed and poured into large canisters with time to spare before leaving. Everyone gathered in the next room to eat mandarins and drink coffee before heading out, while the leader made a few announcements. With fifteen minutes left before leaving, we all migrated to the next room. "We will go to pray," my friend explained and we had a short service together.

After suiting up in coats and scarfs we all headed back downstairs and out to the street. Food is handed out in one of the nearby city centre squares. There was already a line of people forming in anticipation as this is a weekly and organized event. Nobody queues like Eastern Europeans. "Кофе или чай?" my friend and I would ask as the people in the queue reached us. Coffee or tea? Then handing out the preferred beverage.

After everyone had been given a sandwich (or two, if they chose to go through the line twice) and packages of instant soup and coffee or tea, many of the people stayed around to eat and chat.



December 24th -- coming home for dinner with a coworker and also student's family and their guests.

Prayer Requests:

- Prayers of thanksgiving for a restful Christmas break. Prayers for staff and students as we start the second semester.
- Thanksgiving for the gift of Jesus and for all the ways that we are able to share that with the students and families at our school, and ways that our school community is able to reach out and serve the larger community in Ukraine.
- Prayers for good health for everyone and for students as they continue to grow in their faith and as the semester continues



Musings from MATONGO

NEWS FROM REV. DR. WALTER & ROBYN STEELE



January 2022

SteelesInAfrica.com



THE MAASAI

The Maasai are a traditionally nomadic people, inhabiting Kenya and Tanzania. There are about 1,190,000 Maasai in Kenya alone.

Traditional Maasai culture centers around their cattle, which are their primary source of food and wealth. Having many cattle and many children is a sign of wealth and honour among them.

They are also known for their bright coloured shukas (the blanket you see in then photo) and their intricate bead-work. They are also known for their skill as warriors.

As a traditionally monotheistic people, belief in one true God provides a foundation for evangelism. To this must be added the Cross of Christ, the only-begotten Son of God.



To be added to or removed from this mailing list, send an email to walter.Steele@lcms.org with the word ADD or REMOVE in the subject line.

Evangelist Wilson Preaches Christ



Evangelist Intern Wilson Naigeyo Preaching in Maa, with a Kiswahili Interpreter

Wilson Taleng'o Naigeyo has just about finished his internship, serving Mapashi Congregation in the Trans Mara region in Kenya. The people that live in this region are from the Kisii and Maasai peoples. The word, Trans Mara, means "across the Mara river."

Mapashi congregation is unique in that it is comprised of people from both tribal groups. The Maasai speak "Maa," an Eastern Nilotic language. People from the Nilotic language groups are those who immigrated into the region southward along the Nile River. The Kisii people speak Gusii, a Bantu-based language. So when Wilson preaches at Mapashi, he is assisted by a lay leader who translates the sermon in Maa into Kiswahili—the national language of Kenya, well-know among the Kisii.

At Matongo, we teach and train pastors, deaconesses and evangelists. The evangelist training curriculum equips qualified men to fill the gap for preachers. Kenya, as it is in many Lutheran churches in East and Central Africa, has a significant shortage of pastors. The Certificate in Evangelist Training equips men to step in as we work to raise up more pastors. In fact, it is from the pool of evangelists that we often find men who are recommended to continue on to earn their Diploma in Theology and be ordained in the Office of the Ministry.

This month we begin a new semester at Matongo—the first full-term since COVID upset the normal routine. We are grateful for your partnership in the Gospel, which allows us to continue to serve here at this excellent Lutheran seminary, the only authorised seminary of the Evangelical Lutheran Church in Kenya.

PRAYER REQUESTS:

- For Wilson as he serves the people of the Trans Mara region.
- For Mapashi congregation as they model life in Christ —the unity that we have as children of God.
- For our students as they return from Christmas break, that they arrive safely, ready to begin another semester.
- For Walter as he serves as Academic Dean, that his curriculum review will help identify areas for improvement in the Diploma in Theology program.
- For Robyn as she uses her gifts to encourage the students in their lives and their studies.
- BLESSED NEW YEAR IN CHRIST TO YOU AND YOURS!

A Third Year Begins

2022 marks the beginning of our third year serving as Missionaries through LCMS International Mission.

We would not be able to serve in Africa without your gifts of prayer, encouragement, and financial support.

We know the past two years have been challenging, to say the least, for many people back home. So we are especially thankful for your continued support.

Regardless of what happens in the world, the one great need that remains is preaching the Gospel of our Lord Jesus Christ.

Your continued partnership allows us to equip those who are best equipped to reach into places you and we are unable to go.

This past year, pastors, evangelists, and deaconesses have been trained and sent!

GOD IS STILL IN CHARGE!



Fellowship Meals after Church are Part of Life in Kenya

Remember, you can help us continue to teach Future church workers here in East Africa by your prayers and financial support at:

lcms.org/givenow/steele

Or at the **world-famous Mission Central**
MISSION CENTRAL

40718 Highway E-16

Mapleton IA 51034

Make the memo line: Steele/ Kenya



Wilson discusses parish needs with Deaconess Mary Koros

For more information on our work and our progress check out:

Our Website: SteelesInAfrica.com

LCMS page: lcms.org/steele

Or Facebook: Walter Steele



There are many opportunities to serve as short-term or GEO missionaries. Check out the current list and download an application at lcms.org/service. Click on "Service Opportunities."

To support the LCMS through the work of Walter and Robyn Steele, you may send a tax-deductible gift to:

The Lutheran Church—Missouri Synod
P.O. Box 66861
St. Louis, MO 63166-6861

Make checks payable to The Lutheran Church—Missouri Synod. Mark checks "Support of Steele/Kenya." Gifts can also be given securely online through the LCMS website, on my online giving page at lcms.org/steele.