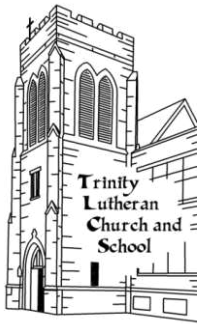


Trinity Lutheran Church & School
300 Broad Street
Menasha, WI 54952



October 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

Website: www.trinitymenasha.com

Worship Services (In-Person and Online):

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

Education Hour: Sunday - 10:30 am

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:

- October 1: Bazaar 9:00 AM -3:00 PM
- October 2: 9:00 AM Gallery Choir Sings
- October 5: SCHOOL NOON DISMISSAL
- October 6 & 7: NO SCHOOL
- October 8: 9:00 AM Food Pantry
- October 11: 9:00 AM-12:00 PM Circuit Pastors Mtg
- October 11: 6:30 PM Board of Directors Meeting
- October 15: 5:00 PM Worship School Sings and Chimes
- October 17: Fall Pastor Conference in Madison, 10/17-19
- October 21: Grandparents Day
- October 22: 9:00 AM Food Pantry
- October 29: Reformation Day
- October 30: Reformation Day & Gallery Choir Sings
- October 31: SCHOOL NOON DISMISSAL

Missing Keyboard

An electric keyboard, in a zipper case, was borrowed from the church. If you are aware of who borrowed it, please contact Nancy Lephart at (920) 277-4388. Thank you.

Gluten-Free Hosts Available

If you prefer a gluten-free host for communion, please talk with one of the pastors before the service.

First Year Catechumens

Our first-year catechism students will be meeting in the Small Fellowship Hall weekly.

Holy Communion at Trinity



Communion is again being served at the Altar rail. You have the choice of Common Cup or Individual Cup.

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

OCTOBER 2022

Church Office Hours:
 Monday-Friday, 8:00 AM – 3:00 PM
 Email:
 ChurchAdmin@trinitymenasha.com

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|--|--|
| | | | | | | 1 TRINITY BAZAAR!! 5 PM Worship In-Person & Online |
| 2 9 AM Worship In-Person & Online Gallery Choir Sings 10:30 AM Educ. Hr. & Sunday School | 3 Rev. Billings Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study | 4 Pastor Billings @ Conf. Little Farmer Tour 6:30 AM Ladies Bible Study 4:30 pm VB @ Berlin 6:30 PM Board Mtgs | 5 NOON DISMISSAL Pastor Billings @ Conf. Parent Teacher Conf. 7:30 AM Leadership Mtg 8:45 AM Chapel 6:30 PM Worship | 6 NO SCHOOL Pastor Billings @ Conf. LEA Teacher Conferences 6:30 Choir Rehearsal | 7 NO SCHOOL LEA Teacher Conferences | 8 9 AM Food Pantry 5 PM Worship In-Person & Online |
| 9 9 AM Worship In-Person & Online 10:30 AM Educ. Hr. & Sunday School | 10 Rev. Billings Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study | 11 9-12 Circuit Pastors Meeting 4:30 pm VB @ Celebration, Appleton 6:30 PM Bd of Directors Mtg | 12 8:45 AM Chapel 7:30 AM Leadership Mtg 12:15-2:30 Clue FVL Fall Play 5th-8th 6:30 PM Worship | 13 3:45 VB Trinity @ Trinity Oshkosh | 14 Popcorn Friday | 15 5 PM Worship In-Person & Online School Sings and Chimes |
| 16 9 AM Worship In-Person & Online 10:30 AM Educ. Hr. & Sunday School | 17 Fall Pastors Conf. In Madison Rev. Billings Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study | 18 Fall Pastors Conf. In Madison 4:30 pm Volleyball @ Fox Valley Christian Neenah | 19 Fall Pastors Conf. In Madison 7:30 AM Leadership Mtg 8:45 AM Chapel 6:30 PM Worship | 20 4:45 PM Volleyball Practice 6:30 Choir Rehearsal | 21 NOON DISMISSAL Grandparents Day 8:45 am Chapel | 22 9 AM Food Pantry 5 PM Worship In-Person & Online |
| 23 9 AM Worship In-Person & Online 10:30 AM Educ. Hr. & Sunday School | 24 Rev. Billings Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study | 25 4:30 pm Volleyball, Valley Home School @ Home Parents Night | 26 7:30 AM Leadership Mtg 8:45 AM Chapel 12:30 PM Grace for President PAC 1 st -4 th 6:30 PM Worship | 27 4:30 pm Volleyball @ New Hope 6:30 Choir Rehearsal | 28 | 29 Reformation 5 PM Worship In-Person & Online  |
| 30 Reformation 9 AM Worship In-Person & Online Gallery Choir Sings 10:30 AM Educ. Hour & Sunday School | 31 NOON DISMISSAL End of 1st Quarter Rev. Billings Sabbath 9 AM Sewing 6 PM Prayer Time 6:30 PM Women's Bible Study | |  | | | |

WEDDING ANNIVERSARIES - OCTOBER

10/02 BROWN, Amanda & Jasen*
 10/06 REUNING, Tim & Jackie
 10/07 BATES, Dewey & Kelly O'Connell*
 10/09 BORCHARDT, Russell & Karen
 10/09 DAHMS, Nathan & Anne
 10/09 SOKEL, Ann & Harry
 10/11 GAST, Bruce & Lana
 10/11 WATSON, Bill & Carla
 10/13 FLEISCHER, Shirley & Ernest*
 10/15 MEVERDEN, Besty & Donald*
 10/15 VITEK, Rudy & Barbara

10/16 RATZBURG, Brian & Linda
 10/20 ACKER, David & Eileen
 10/20 RISKE, Carl & Karen
 10/22 WRIGHT, Norman & Ruth
 10/23 CLEVELAND, Andrew & Heather
 10/25 MIES, Kevin & Jamie



BIRTHDAYS – OCTOBER



10/01 BUKSYK, Mary Anne
 10/02 KISLEWSKI, Jacqueline
 10/02 MILOSAVLJEVIC, Lauren
 10/03 BOUCHARD, Jeremy
 10/03 FURMAN, Miles
 10/03 MLODIK, Mitchell
 10/03 SOKEL, Laurie
 10/06 TORRES, Jaqueline
 10/07 REICHERT, Joseph
 10/08 WITTMANN, Debra
 10/08 WRIGHT, Norman
 10/09 DAMROW, Alisha
 10/09 HERTZIGER, Henry
 10/09 SCHEWE, Barbara
 10/10 BELCHER, Lonnie
 10/10 BORCHARDT, Karen
 10/10 BOUCHARD, Jordan
 10/10 MOTTO, Ava
 10/10 WRAY, Terry



10/11 GROSHEK, Emberli
 10/11 PASHOLK, Elise
 10/11 STIER, Jane
 10/12 GEHRT, Donald
 10/13 KEBERLEIN, Lincoln
 10/14 KOHLER, Christian
 10/14 TRIMBERGER, Elaine
 10/15 GAST, Iris
 10/15 HURST, Angela
 10/16 MEHL, Ruby
 10/16 MILOSAVLJEVIC, George

10/19 ALLEN, Robert
 10/20 VOSTER, Ronald
 10/21 BAIN, Avaleigh
 10/21 BARTELME, David
 10/21 WRAY, Teresa
 10/22 EMERY, Evan
 10/22 GREETAN, Linda
 10/23 BRICCO-TOBIN, Sherry
 10/23 CONRADT, Mary
 10/24 CONRADT, Philip
 10/24 SWICK, Christopher
 10/24 WENDLER, Kurt
 10/26 ALLEN, Betty
 10/26 KOHLER, Christine
 10/26 THOMAS, Craig
 10/27 THOMAS, Ian
 10/28 WITTMANN, Jim
 10/29 MOTTO, Lambeau
 10/30 LOOKER, Samantha



✝ Trinity Membership Update ✝

New Members/Transfers In:

Released/Transfers Out:

Baptisms:

Weddings:

Members Who Have Passed:

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



Serving Our Lord with Gladness – October 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 |
|---|----------------------------------|--|---------------------------------|---|---|--|
| Oct 1: 5:00 pm Oct 2: 9:00 am Oct 5: 6:30 am | Donovan Rausch Levi Kroes | Alan Manteufel Dave Collingwood Brian Ratzburg | Bruce Buksyk Ron Kraus | Roger Voigt Jim Wittmann Dave Acker | JoAnn Schultz Connie Henkel | <i>Jackie Bouchard</i> <i>Volunteer Needed</i> Carol Evensen |
| Oct 8: 5:00 pm Oct 9: 9:00 am Oct 12: 6:30 pm | Maya Torres Emma Schmidt | Alan Manteufel Dave Collingwood Roger Voigt | Lee Colby Robert Flater | Tom Harrmann Lee Weinig Steve Reinke | Betty Allen Liz Kamprath | <i>Jackie Bouchard</i> <i>Volunteer Needed</i> Carol Evensen |
| Oct 15: 5:00 pm Oct 16: 9:00 am Oct 19: 6:30 pm | Mirella Taschner Braelyn Boss | Alan Manteufel Dave Collingwood Robert Allen | Ian Thomas Steve Sexmith | Jerry Maynard Steve Sexmith Dave Acker | Barb Kester Jane Nielsen | <i>Jackie Bouchard</i> <i>Volunteer Needed</i> Carol Evensen |
| Oct 22: 5:00 pm Oct 23: 9:00 am Oct 26: 6:30 pm | Melani Gast Dylan Kobs | Alan Manteufel Dave Collingwood Craig Thomas | Dan Siebert Paul Collingwood | Lee Colby Dave Collingwood Steve Reinke | Dan & Peggy Dahms Rosemary Collingwood | <i>Jackie Bouchard</i> <i>Jackie Bouchard</i> Carol Evensen |
| Oct 29: 5:00 pm Oct 30: 9:00 am | Donovan Rausch Levi Kroes | Alan Manteufel Dave Collingwood | Vance Pues Lee Weinig | Roger Voigt Jim Wittmann | JoAnn Schultz Connie Henkel | <i>Jackie Bouchard</i> <i>Volunteer Needed</i> |

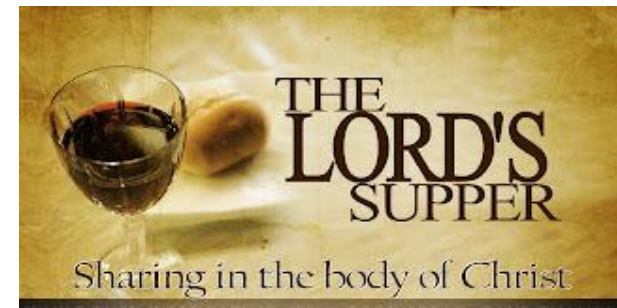
Altar Guild Help Needed

Trinity is in dire need of volunteers to serve on our Altar Guild team.

Tasks are:

- Wednesdays: Set-up and clean up the altar
- Saturdays: Set-up and reset the altar
- Sundays: Clean up communion and deliver flowers to a designated member of Trinity

Setting the Lord's Table is truly an honor and blessing. Please contact Kari Lindner at (928) 279-7192 to become a member of our team.



Upcoming Events

TRINITY'S BAZAAR

Saturday, October 1, 2022

9:00 am to 3:00 pm

This will be a great shopping experience with unusual and distinctive items and crafts from local vendors. Things like:

- Make your own beaded bracelet or ornament. From Glass Fusion, we will have crosses, pumpkins, & ornaments and other products!
- Our Antique/Vintage and Collectibles booth!
- The Dollar Store and a fundraiser by Trinity Lutheran School students.
- Trinity Ladies Aid will have their awesome homemade sweets. Order them ahead and pick them up at the Bazaar.
- Our Praise Him Café is a must if you're looking for a good cup of coffee and a cinnamon roll. They are sure to please! Stay and have lunch at the Café.



Join the Choir...
You'll Be Glad
You Did!

Trinity's Gallery Choir

Lift your voice in praise with us on Thursday's, 6:30 pm – 7:30 pm. Learn the language of music as you sing. Contact Connie Henkel (920) 257-6590 or sonshine_54952@yahoo.com.



Trinity Bake Sale—October & November

Pie/Cake Order Form

During the months of October and November the Ladies Aid/LWML will have their pie & cake sale. We will take orders for several kinds of pies.

Pies that can be ordered:

- APPLE \$15: Please specify regular crust or crumb crust.
Regular Crust: _____ Crumb Crust: _____
- CHERRY \$15: _____ cherry pie(s)
- KEY LIME with graham cracker crust \$12: _____ key lime pie(s)
- PECAN \$15: _____ pecan pie(s)
- PUMPKIN \$12: _____ pumpkin pie(s)
- BLUEBERRY \$15 _____ blueberry pie(s)
- LEMON MERINGUE \$15 _____ lemon meringue pie(s)
- CUSTARD OR COCONUT CUSTARD \$12 _____ plain custard pie(s)
_____ coconut custard pie(s)
- COCONUT CREAM WITH MERINGUE \$15 _____ coconut cream pie(s)
- BANANA CREAM WITH MERINGUE \$15 _____ banana cream pie(s)
- NEW YORK CHEESE CAKE \$15 _____ cheese cake(s)
- ANGELFOOD CAKE FROM SCRATCH \$12 _____ angelfood cake(s)



PLEASE EMAIL ALL ORDERS TO DOTTIE KRAUS at: rkraus001@gmail.com
or call (920) 991-2705 and leave a message if no answer. WE WILL
DO OUR BEST, AND THANK YOU!

Thankful



Catechetical Comments

A Series

THE APOSTLES' CREED

This month we continue our look at The Apostles' Creed and consider the following questions: *In what ways does the triune God make Himself known?*

92. *In what ways does the triune God make Himself known?*

The *Small Catechism* begins its answer to this question by saying:

A. Through the existence of the world (natural knowledge of God).

It then offers the following Scripture passages in support of this answer:

Ps. 19:1 – The heavens declare the glory of God, and the sky above proclaims His handiwork.

Rom. 1:19-20 – What can be known about God is plain to them, because God has shown it to them. For His invisible attributes, namely, His eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made.

Heb. 3:4 – Every house is built by someone, but the builder of all things is God.

It doesn't take a rocket scientist to look out his window and realize that all he sees had to come from somewhere. And the explanation given by evolutionists simply doesn't make sense.

There is not one scrap of evidence to support Darwin's claim that all life evolved from a common ancestor. What evidence is found in the fossil record proves incontrovertibly that Darwinian evolution does not work.

Michael Denton – himself an evolutionist – in his book *Evolution: A Theory in Crisis* presents example after example of how this theory has failed. Darwinian molecules-to-man evolution is a theory that has been more than sufficiently disproved. The fact that mainstream scientists continue to foist it on us and our children betrays an anti-Christian agenda bent on destroying faith in the Creator of the universe.

The universe itself proves the existence of God. The passages quoted in the *Catechism* make this plain. "The heavens declare the glory of God, and the sky above proclaims His handiwork" (Ps. 19:1). Even if the Big Bang actually occurred, what was it that exploded and where did it come from? Eventually, you can back up only so far before you bump into the fact that something had to be created. And, if there is a creation, there must be a Creator.

Why, then, would anyone not believe that God is the Creator? Because, if there is a Creator, then we are accountable to Him. Our generation does not *want* to be accountable to God; we do not want God telling us what we can and cannot do. We are spoiled children who insist on having things our way. To allow for the existence of God puts boundaries around us that we don't want. So, what do we do? Eliminate God!

But the world in which we live argues against that. The only reason a creationist explanation of our universe is rejected is because our world rejects its own Creator. †

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

OCTOBER SCHOOL NEWS

FROM THE PRINCIPAL



Fall is an exciting time to be a part of the church. We seem to “come alive” with programs, classes, and seeing more people in church again. This year, more than ever, we are filled with a longing and desire to see each other. Last year we were just finding our way out of the pandemic safeguards and there was still uncertainty about coming back. This year we are starting new and fresh!

1. Join us for the Divine Service on Saturday at 5 pm; or Sunday at 9 am, or a third option is Wednesday at 6:30 pm. We hope to see more of you join us! Our worship is a time to come together to hear the Word of God, and receive His gifts of Forgiveness for us. We long to rekindle old relationships and welcome everyone back into community. We are reminded each week of the power of being together – with care for each other. Each one of you is an important part of our family of faith!
2. Sunday school has started back up, at 10:30 am on Sundays. We invite all children of the congregation and school to join us!
3. Confirmation meets on Wednesday evenings from 5 – 6 pm. Confirmation is for 6th-8th graders. It’s a time when our 6th – 8th graders gather and learn about God, the Bible, and living the Christian life of faith.
4. Don’t forget our numerous opportunities for bible study.
 - Among them are: 10:30 AM Sunday – “The Letter to the Romans.” with Rev. Alliet & Rev. Billings - Large Fellowship Hall
 - 10:30 AM Sunday – Young Adult Bible Study “Micah” with Rev. GeRue - Conference Room
 - 10:30 AM Sunday—Book of Isaiah with Blaine Henkel
 - 6:30 PM Monday – Women’s Bible Study, ”Joy: A Study of Philippians” by Deb Burma, Large Conference Room. Contact: Connie Henkel
 - 6:30 AM Tuesday – Ladies Bible Study, 12 Ordinary Men: How the Master Shaped His Disciples for Greatness, and What He Wants to Do with You with Dottie Kraus
 - 6:00 AM Thursday – Men’s Bible Study, Book of Romans with Steve Reinke, Large Conference Room
 - For more information, please get in touch with the contact person listed above, or contact the church office.
5. Are you interested in Adult informational class? If so, please let Pastor GeRue know what time and day works best for you. Adult information class is a time to review what the Lutheran Church and school teaches. It also gives an opportunity to become a communicant member of Trinity, if you desire.
6. And there are many more activities and opportunities at Trinity. Watch for more information in upcoming Newsletters and Tiger tracks.

I pray that you find a way to be a part of all we are doing in being God’s people Making Disciples for Life. In Christ,

Rev Keith E. GeRue Associate Pastor and Principal

October Stewardship Message:

Life Cycles of Stewardship

You know this person.....the one who always seems to be active in many of Trinity's events and outreach. The one who is there to greet and lend a helping hand. The one who does the job, even if they are the only person to volunteer. We have those people in our fellowship, and you likely know their names.



Here's the thing – if I said this same thing 10 years ago for example, people would have again nodded their heads “Yes”. But, it probably would have been a different group of names.

Let's call this the life cycle of Christian Stewardship. Here at Trinity, we have been blessed over many years to see this life cycle flourish, as members have been guided by the Holy Spirit to get involved, get more involved, (and in some cases EVEN MORE INVOLVED) with the Stewardship of time and talent, until health, age, or other circumstances limit their ability to serve as actively. Now, the great thing (and our Lord would have it no other way) is that these life cycles of serving aren't all alike. Some are longer or shorter, some ebb and flow. But God uses all Stewardship life cycles, and each of us - the people behind them, to grow his Kingdom in and through Trinity.

So, why is this important? It is a reminder that God needs all of us, moved by His love for us, to step into these roles as He guides. There may be some here that are needing to take on less Stewardship efforts. This is a perfect opportunity for us to step into those roles.

How do we do it?

1. Ask God for His guidance
2. Go up to that Trinity person that you are thinking of, and ask how you can help.

That's it! And, don't be discouraged if you do not get immediate results. Try again.

One more thing; and this is IMPORTANT – In the Gospel of Luke we find the very familiar account of Mary and Martha. Martha is upset that while she is busy preparing a meal for Jesus, her sister Mary sits listening at His feet. Jesus



gently chides her - “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.” We may desire to serve our Lord through Trinity, and even have great intentions on how we’re going to do so. But, in order for our Stewardship of time and talent to be complete,

we need to be involved in the *one needful thing*, His Word, through our participation in Worship, Bible Study and our prayer life. It is only through sitting at our Savior’s feet that we see what a blessing it is to be able to serve Him.

God loves you and has plans for you!

HANDBELLS!!

*Get excited about raising \$\$\$ for
2 octaves of Malmark Handbells!!*

They're not cheap! ...
But they're REALLLY good!!

♪ ♪ (about \$9,300)

Our first Fundraiser is ...

Buy-A-Bell! ... starts NOW!

See the Info in the Narthex!! ... \$\$\$

(Buy a **BELL** (or two or three...), a **TABLE** (or more), the set of **GLOVES**, the **FOAMS**, the **FOLDERS**, the **MALLETS**, one (or more) of the **TABLE COVERS** ...)

We'll also do more fundraisers, including a recital/
concert or two (not yet determined).
... and ... How 'bout a Sale or three? ☺

And if you'd like to donate some **\$\$\$**, please feel free!!
We already have some donations!! Thank you!! ♥

*Don't forget to think about
signing up to RING HANDBELLS!*
(Sign-up sheet on the wall in the Narthex - Name/Phone)
No experience necessary ... Just smiles ... (and counting)

Any questions: Call Rose 608.213.2644

Buy a Bell...

| | | | | | |
|---------|-------|---------|-------|---------|-------|
| ___ G4 | \$400 | ___ G5 | \$300 | ___ G#4 | \$400 |
| ___ G#5 | \$300 | ___ A4 | \$400 | ___ A5 | \$300 |
| ___ A#4 | \$400 | ___ A#5 | \$250 | ___ B4 | \$400 |
| ___ B5 | \$250 | ___ C4 | \$400 | ___ C5 | \$250 |
| ___ C#4 | \$400 | ___ C#5 | \$250 | ___ D4 | \$350 |
| ___ D5 | \$250 | ___ D#4 | \$350 | ___ D#5 | \$200 |
| ___ E4 | \$350 | ___ E5 | \$200 | ___ F4 | \$350 |
| ___ F5 | \$200 | ___ F#4 | \$300 | ___ F#5 | \$200 |
| ___ G6 | \$200 | | | | |

Buy a:

- ___ \$200 each 6' Table (3)
- ___ (Table)
- ___ (Table)
- ___ \$200 Set of Folders (5)
- ___ \$200 Set of Mallets (16)
- ___ \$500 Set of Foams (6)
- ___ [4' deep x 3' long]
- ___ \$100 each Table Covers (3)

[Fabric for US to SEW!!! OURSELVES]

Write a check, put it into your Trinity envelope and mark it "Handbell Fund"! If you'd like a specific bell or other purchased with your donation, place a note in your envelope and we'll label that Bell/Table/etc. ... **SOLD!!** Thank you! Any questions, please see/call Rose at 608.213.2644.

From Your Parish Nurse...



3 Signs It's Time for a Rest Day

When you're consistently hitting the gym and feeling great, it can be hard to take a break. After all, exercising offers a boost of feel-good endorphins in addition to the many other health benefits.

But taking a break at least one day each week from your workout routine could benefit you more than going to the gym every day. Here are a few signs that your body is ready for a rest day:

- If your muscles are consistently achy for more than a day, you may be overworking them, leading to injury.
- If you've been feeling agitated or stressed more often than usual, it could be a sign that you need a mental and physical break.
- If you're noticing changes in your sleep patterns, like napping more than usual or needing to go to bed significantly earlier.



Motion is Medicine

When we think of protecting fragile things, we usually picture storing breakables in a cabinet, or keeping them locked in a safe place where nothing can hurt them.

And while we only get one spine, the best way to protect it is much different. In fact, the best way to ensure your spine works properly for years to come is to keep it moving! You may even find it helps with back and neck pain or sore muscles.

For our spines, motion is medicine, and it's important to make sure your spine gets its daily dose of movement regularly. As many of us sit for work each day, consider this your reminder to get up and take that walk during your lunch break. Setting alarms every couple of hours on your phone can help remind you to stand up and move.

What are some of the ways you sneak movement into your day?

Healthy Living with Diabetes

This workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.



- Complements existing treatments a participant receives
- Improvements in blood sugar levels and A1C
- Fewer doctor and ER visits

MENASHA

CITY HALL

100 Main St

Tuesdays, 10am-12:30pm

Oct 11– Nov 15

\$15 for 6 week session
includes workbook

REGISTER:

Call: (920) 232-3000

Winnebago County

Health Department

COVID19 Protocols in place

Scholarships available



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE



“Healthy Living with Diabetes”

Do you or someone you live with have diabetes or pre-diabetes?
Then this workshop is for you!

What is *Healthy Living with Diabetes*?

A workshop PROVEN to help people with diabetes improve blood sugar levels, decrease health distress and hypo- and hyperglycemia. Participants also feel more confident in their ability to communicate with physicians and have fewer doctor and emergency room visits and fewer hospitalizations.

This interactive workshop meets for 2 ½ hours, once a week for six weeks. People who take this workshop learn techniques to deal with the symptoms of diabetes, learn about appropriate exercises, use of medication and healthy eating strategies. This class will improve health, health behavior, and a sense of confidence in managing diabetes. The class will also increase confidence and minimize the adverse effects of diabetes.

There is a” Healthy Living with Diabetes” class being offered in your area!

Where: Menasha City Hall, 100 Main Street, Menasha
Dates & Times: Tuesdays, 10am-12:30pm
October 11 through November 15
Cost: \$15 for 6-week session (includes workbook)

*Please call the Winnebago County Health Dept to register
or for more information: 920-232-3000*



Public Health
Prevent. Promote. Protect.
**Winnebago County
Health Department**

Fundraising Profit Policy

1. Fundraising and Building Usage forms must be filled out at least 30 days prior to the event and turned in to the Church Office. This includes Lent and Advent dinners. *See the form attached.*
2. It must be indicated on the fundraising form what the funds are being raised for. If funds are being split between more than one project, it must be written how the funds are to be distributed. If nothing is indicated on the form, the funds will go to the General Fund account.
3. Counting the proceeds from the fundraiser/event must be completed by at least two non-related individuals that are 18 years of age or older.
4. At no time shall anyone under the age of 18 handle any cash for a fundraiser or event here at Trinity, without adult supervision.
5. Funds need to be put into a cash bag (can be found in the Finance Room) along with all the counting paperwork. **Funds must be locked in the safe.** Any head usher can assist you with this.
6. At no time, should the funds leave the premises.
7. Any changes to fundraising allocations must be approved by the Fundraising Committee and should be submitted to the committee director in advance of the event.

If reimbursements are needed: Turn your receipts into the Church or School Office and you will receive a check for your expenses. You may also turn in receipts to the Church Office to receive credit for a donation with no reimbursement. *Receipts must be returned to the Church or School Office within two weeks of the event in order to receive reimbursement.* After the two-week deadline a Charitable Contribution form will be given in lieu of reimbursement.

