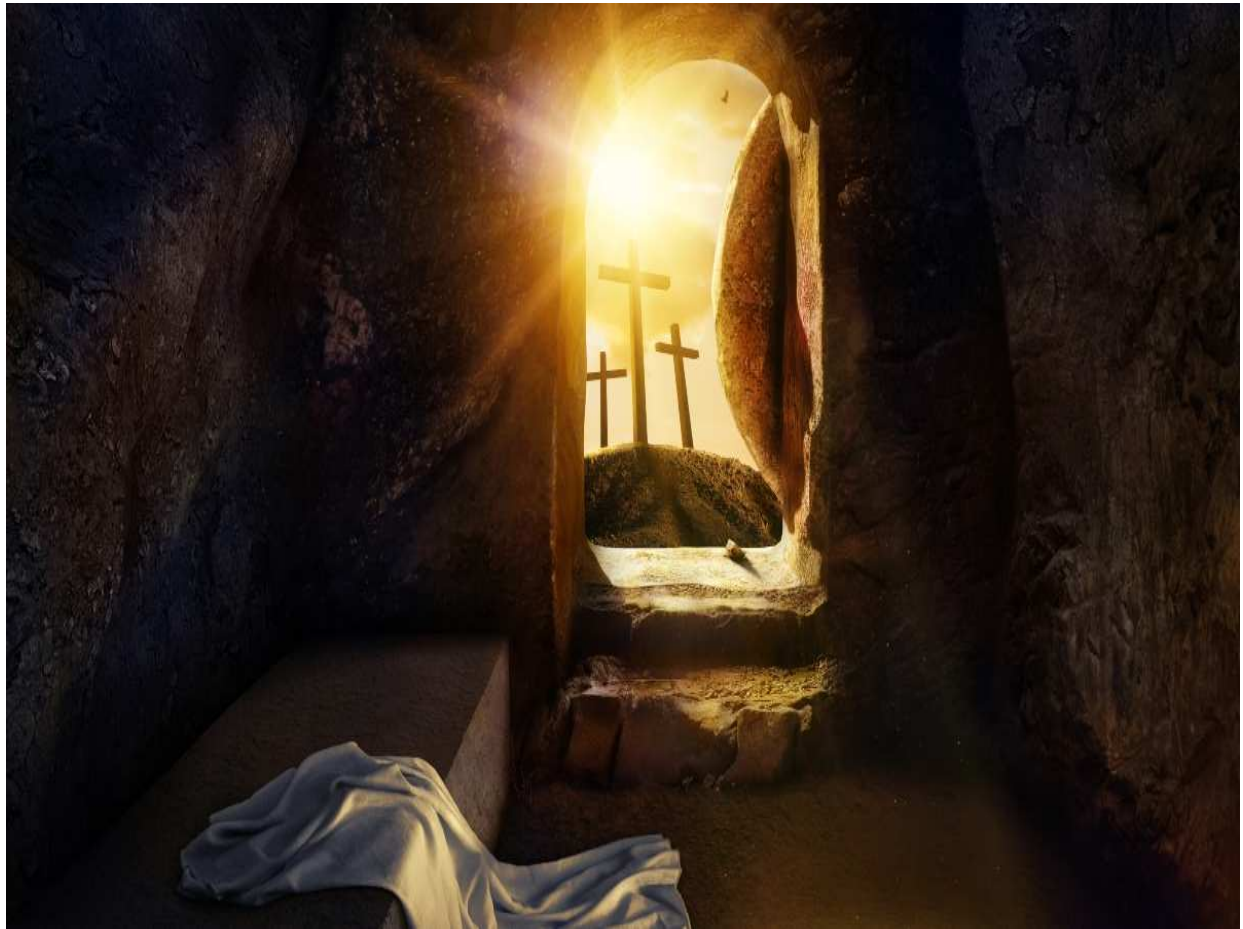
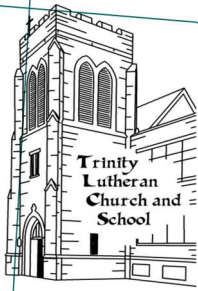


Trinity Lutheran Church & School  
300 Broad Street  
Menasha, WI 54952



# April 2023 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](http://www.trinitymenasha.com)

**Worship Services:**

Saturday – 5:00 pm; Sunday – 9:00 am

**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.

**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.*

**Important Dates:**

- April 1: **HOLY WEEK**  
9:30 AM Food Pantry  
5:00 PM Worship Service
- April 2: **PALM SUNDAY**  
9:00 AM Worship Service  
10:30 AM Education Hour & Sunday School
- April 6: **MAUNDY THURSDAY**  
SCHOOL DISMISSED AT NOON  
6:30 PM Worship
- April 7: **GOOD FRIDAY**  
Church & School Offices Closed  
10:30 AM Good Friday **Cross Walk**  
12:00 PM – 3:00 PM **TRE ORE**  
6:30 PM **TENEBRAE** Service
- April 8: **HOLY SATURDAY**  
5:00 PM Easter Vigil  
6:00PM Prayer Vigil
- April 7-15 **NO SCHOOL**

- April 9: **EASTER SUNDAY**  
6:30 AM Sunrise Service  
7:30 AM Easter Breakfast  
9:00 AM Worship Service
- April 12: 7:00 PM Concordia Handbell Concert
- April 15: 9:30 Food Pantry  
5:00 PM Worship Service
- April 16: 9:00 AM Worship  
10:30 AM Education Hour & Sunday School
- April 19: 6:30 PM Worship Service
- April 22: 8:45 AM LWML Spring Rally  
5:00 PM Worship Service
- April 23: 9:00 AM Worship  
10:30 AM Education Hour & Sunday School
- April 26: 6:30 PM Worship Service
- April 29: 9:30 AM Food Pantry  
5:00 PM Worship Service
- April 30: 9:00 AM Worship Service  
10:30 AM Education Hour & Sunday School



**Happy Birthday!**

Help Norb Pomeranke Celebrate  
His 94th Birthday!

April 17th is Norb’s birthday. Norb and his family are inviting the members of Trinity to stop by Oak Park Place on **Sunday, April 16<sup>th</sup>**, to wish him a Happy Birthday and visit a little while.

Oak Park Place  
2205 Midway Road • Menasha  
1:00-4:00 PM • Brin Hall  
(Brin Hall is on the right as you enter)

**Good Friday Cross Walk**

Join us as we walk to Trinity for the Noon *Tre Ore* Service to remember our Lord’s suffering



Friday, April 7, 2023

We meet at 10:30 AM at the fountain in Riverside Park, on Wisconsin Avenue, in Neenah.



**Senior Pastor:**

✙ Rev. Steven S. Billings

**Assoc. Pastor/Principal:**

✙ Rev. Keith E. GeRue

**Directors of Music:**

Tim Reuning & Connie Henkel

**Organist:**

Mrs. Nancy Lephart

**Trinity Lutheran Church & School**

Church Phone: (920) 722-2662

School Phone: (920) 725-1715

# April 2023



**Church Office Hours:**

Monday-Friday, 8:00 AM – 3:00 PM

Email: ChurchAdmin@trinitymenasha.com

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|---|--|---|--|--|
|  |   |   |  |   |  | <b>1</b>   |
|  |   |   |  |   |  | 9:30 AM Food Pantry<br>5 PM Worship                                  |
| <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>   |
| 9:00 AM Worship<br>10:30 AM Educ.<br>Hour/Sunday School  | Rev. Billings' Sabbath<br>9:00 AM Sewing<br>5:30 PM Adult Info Class<br>6 PM Prayer Time<br>6:30 PM Women's Bible Study | 6:30 AM Ladies Bible Study<br>6:30 PM Bd Mtg  | 8:45 AM Chapel<br>5:00 PM Catechism  | <b>Maundy Thursday</b><br>6:00 AM Men's Bible Study<br>Noon School Dismissal<br>6:30 PM Worship | <b>Good Friday</b><br><b>Church &amp; School Offices CLOSED</b><br>10:30 AM Good Friday Cross Walk<br>Noon-3:00 PM Tre Ore<br>6:30 PM Tenebrae<br><b>NO SCHOOL</b> | <b>Holy Saturday</b><br>5:00 PM Easter Vigil<br>6:00 PM Prayer Vigil |
| <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>15</b>  |
| <b>Easter Sunday</b><br>6:30 AM Sunrise Service<br>7:30 AM Easter Breakfast<br>9:00 AM Worship<br> | Rev. Billings' Sabbath<br>9:00 AM Sewing<br>5:30 PM Adult Info Class<br>6 PM Prayer Time<br>6:30 PM Women's Bible Study | 6:30 AM Ladies Bible Study  | 5:00 PM Catechism<br>7:00 PM Concordia Handbell Concert                      | 6 AM Men's Bible Study  |  | 9:30 AM Food Pantry<br>5:00 PM Worship                               |
| <b>EASTER BREAK – NO SCHOOL</b>  |   |   |  |   |  |  |
| <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>   | <b>21</b>  | <b>22</b>  |
| 9:00 AM Worship<br>10:30 AM Educ.<br>Hour/Sunday School  | Pastors Conference<br>9 AM Sewing<br>5:30 PM Adult Info Class<br>6 PM Prayer Time<br>6:30 PM Women's Bible Study        | Pastors Conference<br>6:30 AM Ladies Bible Study<br>3:30 PM Running Club<br>6:30 PM Ladies Aide Meeting | Pastors Conference<br>8:45 AM Chapel<br>5:00 PM Catechism<br>6:30 PM Worship | 6 AM Men's Bible Study<br>3:30 PM Running Club  | Midterms   | 8:45 AM LWML<br>Spring Rally<br>5 PM Worship                         |
| <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>   | <b>28</b>  | <b>29</b>  |
| 9:00 AM Worship<br>10:30 AM Educ.<br>Hour/Sunday School  | Rev. Billings' Sabbath<br>9 AM Sewing<br>6 PM Prayer Time<br>6:30 PM Women's Bible Study                                | 6:30 AM Ladies Bible Study<br>3:30 PM Running Club  | 8:45 AM Chapel<br>5:00 PM Catechism<br>6:30 PM Worship                       | 6 AM Men's Bible Study<br>3:30 PM Running Club  | 7:00 PM-7 AM Saturday 5 <sup>th</sup> -8 <sup>th</sup><br>Grade Lock In  | 9:30 AM Food Pantry<br>5 PM Worship                                  |
| <b>30</b>  |   |   |  |   |  |  |
| 9:00 AM Worship<br>10:30 AM Educ.<br>Hour/Sunday School  |   |   |  |   |  |  |



## WEDDING ANNIVERSARIES – APRIL 2023

04/06 BURROWS, Richard & Nancy\*  
04/09 BELLMAN COLLINGWOOD, Claire &  
BELLMAN, Zac\*  
04/14 VOIGT, Roger & Merry  
04/16 WEINIG, Lee & Elaine  
04/26 ERDMANN, Franklin & Shirley  
04/28 BARTELME, David & Deborah



## BIRTHDAYS – APRIL 2023

04/01 WIECK, Jordan  
04/02 ECKRICH, Linda  
04/03 ALLIET, Joan  
04/03 BENGES, Sandra  
04/03 WENDLER, Logan  
04/04 GODWIN, Michael  
04/04 REICHERT, Brian  
04/04 SOKEL, Ann  
04/05 MORAN, Phyllis  
04/06 PEOTTER, Diane  
04/06 RALEIGH, George  
04/08 KNISELY, Skyler  
04/09 GUILLEY, Marc  
04/11 DRUM, Judy  
04/12 PUES, Vance



04/13 BAHNS, Elizabeth  
04/13 SCHWERBEL, Irene  
04/13 WENDLER, Bethany  
04/15 DANIELS, Anna  
04/15 SMITH, Bentley  
04/17 POMERENKE, Norbert  
04/20 BOSS, Nathaniel  
04/22 ZEINERT, Jean  
04/23 BORGES, Brad  
04/24 HENRICKSON, Kimberly  
04/24 SCHMITT, Elizabeth  
04/24 WITTMANN, Kyle  
04/25 DIETRICH, Jadyne  
04/26 MLODIK, Ariel  
04/26 SOKEL, Sophia  
04/27 KAMPRATH, Kenneth  
04/29 REUNING, Jackie



### ✝ Trinity Membership Update ✝

**New Members/Transfers In:** Erwin Graper, (Charlotte), Madelyn Graper,  
Kyle & Heather Fink (Connor Clohessy, Kyah Clohessy & Lainee Fink),  
Niclaus & Cora Dutter (Bella, Evelyn & Miles)

**Adult Confirmands:** Kyle & Heather Fink, Erwin & Madelyn Graper, Niclaus & Cora Dutter

**Baptisms:** Charlotte Richanne Fulcer, Merrybell Dutter, Evelyn Dutter, & Miles Dutter

**Released/Transfers Out:** Kari Lindner



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

## Serving Our Lord with Gladness – April 2023

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  | Flower Delivery  |
|---|--|--|-------------------------------|---|--|--|------------------|
| April 1: 5:00 PM<br>April 2: 9:00 AM<br>April 6: 6:30 PM<br>April 7: 12-3 PM<br>Tre Ore Service<br>April 7: 6:30 PM<br>Tenebrae Service | Donovan Rausch<br>Levi Kroes<br>Cecelia Street<br><br>Sydney Gast<br>Simon Kroes | Dave Little<br>Craig Thomas<br>Craig Thomas                      | Lee Colby<br>Scott Gutzman    | Jerry Maynard<br>Steve Sexmith<br>Maynard/Sexmith<br>Maynard/Sexmith<br><br>Maynard/Sexmith | Barb Kester<br>Jane Nielsen                                  | Jackie Bouchard<br>Jean Zeinert<br>Jean Zeinert<br>Shirley Fleischer | Linda Ratzburg   |
| April 8: 5:00 PM<br>Easter Vigil<br>April 9: 6:30 AM<br>9:00 AM   | Melani Gast<br>Dylan Kobs<br>Ava Schmidt<br>Emma Schmidt                         | Alan Manteufel<br>Tom Harrmann<br>Brian Ratzburg<br>Craig Thomas | Ian Thomas                    | Lee Colby<br><br>Dave Collingwood<br>Dave Collingwood                                       | Dan & Peggy<br>Dahms<br>Rose Collingwood<br>Rose Collingwood | Jackie Bouchard<br><br>Jean Zeinert<br>Jane Nielsen                  | Connie Henkel    |
| April 15: 5:00 pm<br>April 16: 9:00 am<br>April 19: 6:30 pm   | Payton Length<br>Mirella Taschner  | Dave Little<br>Craig Thomas<br>Tim Reuning                       | Dan Siebert<br>Josiah Nielsen | Roger Voigt<br>Jim Wittman<br>Dave Acker  | JoAnn Schultz<br>Connie Henkel                               | Jackie Bouchard<br>Jean Zeinert<br>Jean Zeinert                      | Volunteer Needed |
| April 22: 5:00 pm<br>April 23: 9:00 am<br>April 26: 6:30 pm   | Maya Torres<br>Melani Gast   | Dave Little<br>Craig Thomas<br>Michael Bekx                      | Vance Pues<br>Bruce Buksyk    | Tom Harrmann<br>Lee Weinig<br>Steve Reinke  | Betty Allen<br>Volunteer Needed                              | Jackie Bouchard<br>Jean Zeinert<br>Jean Zeinert                      | Connie Henkel    |
| April 29: 5:00 pm<br>April 30: 9:00 am  | Donovan Rausch<br>Dylan Kobs   | Robert Allen<br>Craig Thomas                                     | Bruce Buksyk                  | Jerry Maynard<br>Steve Sexmith  | Barb Kester<br>Jane Nielsen                                  | Jackie Bouchard<br>Jean Zeinert                                      | Connie Henkel    |

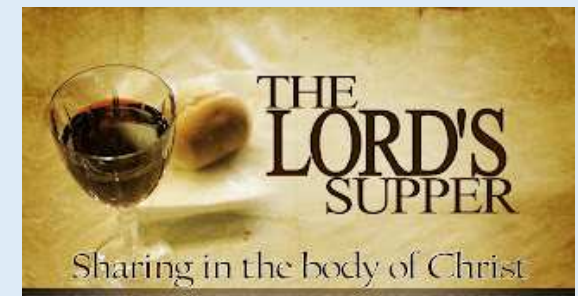
Wednesday Divine Services will start on April 19<sup>th</sup>.  
The service will be a repeat of the prior weekend Service

### Altar Guild Help Needed

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

Tasks are:

- 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 Mary Conradt or Jean Zeinert at (920) 722-2662 to become a member of our team.





# Catechetical Comments

A Series

## THE APOSTLES' CREED

This month we continue our look at The Apostles' Creed and consider the following question: *Who is God?*

### 93. *Who is God?*

In His Word God has told us that He is

D. almighty, all-powerful (omnipotent)

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

*In His Word God has told us that He is*

*D. almighty, all-powerful (omnipotent)*

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

**Gen. 17:1** – I am God Almighty.

**Matt. 19:26** – With God all things are possible.

This is one that the gainsayers love to parody. They will say things like: "If God is all-powerful, can He make a rock so big He can't lift it?" *Ha ha ha*

Our response: God is not an idiot, nor is He trapped by stupid questions. We don't want to commingle or confuse the attributes of God, but neither do we keep them so distinct that they have nothing to do with one another. Yes, God is all-powerful, but He's also all-wise, so He uses His omnipotence in cooperation with His omniscience. Hence, God would never try something so foolish as to create a rock so big He couldn't lift it. Only foolish unbelievers would ask such ridiculous questions.

Less foolish but equally plagued by unbelief is the kind of question that goes something like this: "If God is all-powerful, why did He allow a

hurricane to wipe out much of Fort Myers, Florida," etc.

Our initial response would be: "We don't know. We are not omniscient, as God is. How could we possibly bind Him to the limited resources of our puny little brains?"

But, beyond this, we could do some godly speculation.

Could God have allowed this so that the residents of Fort Myers would band together, unifying around the shared goal of rebuilding their community?

Could God have allowed this to motivate Christians to exercise the gift of prayer, considering the less fortunate and lifting them to the Throne of Grace, appealing to God's mercy?

Could this simply have been a wake-up call from God to draw back to Him a wayward culture which has been flatly ignoring Him?

Could this be a call for you to step up and help others in need?

The answer to any of these questions could easily be "yes." And it could certainly be all of the above.

But, in the end, we don't always know why God exercises His power the way He does, but it is not reasonable to suggest that He is not all-powerful simply on the basis that we don't agree with or even understand His choices.

We don't understand His acts of salvation, either, but Christians believe and trust in Him to use His power in the way that is best, regardless of our level of understanding (or lack thereof). †

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

## From the School Principal “The Night That Changed Everything”

On Good Friday, we remembered Jesus' crucifixion. Palm Sunday, we will witness it for Bella, Evelyn, and Miles. And we'll remember our own.

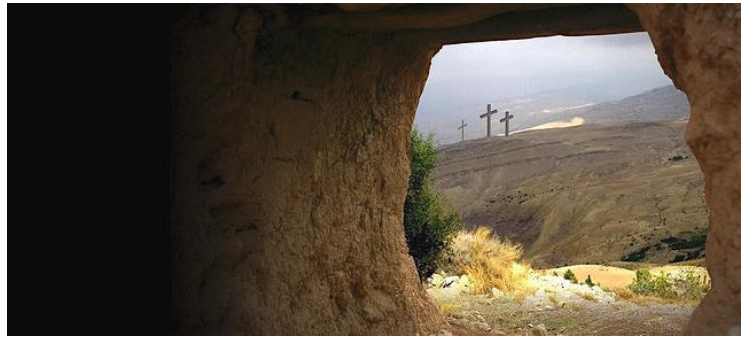
Oh, don't worry! There's no cross out back, no nails, no hammer, no crown of thorns or whip. That all belonged to Jesus, not you. That was all for Him, not you.

But you are crucified. That's what baptism is. Baptism is not your testimony, your confession, what you do. It is your death and resurrection. That's what God tells us. That in baptism we are joined to Christ in His death and resurrection. We die and rise with Him. Not symbolically, but really. Not by nailing and bleeding, but by drowning. Through water and the Word, Jesus takes you with Himself through death to life again. The Old Adam, the old sinner in you crucified, and a New Adam, a new man in you raised. To live before God in righteousness and purity forever. That's a promise, for you. You can't do that. Never could, never would. But Jesus did. And gives it to you.

The rest of us will remember when that happened to us, when we were crucified with Christ, when we were baptized. Maybe some of us were old enough to remember that day, maybe some of us were but infants. But whether or not we remember *the day* is not the point. We remember *the reality*. The Word and promise of God applied to us. The gift given to us. When we, too, were crucified and raised with Christ to new life. It is a promise and gift that we do not remember *just* tonight, but especially tonight. But every day, we awaken and arise and remember: *I am baptized*. Not: *I was baptized*. Past tense. History. But *I am baptized*. Present tense. Reality. This is who I am, because this is who God has made me, the new birth He has given me. I am a baptized child of God. God put His Name on me. I belong to Him.

But you will not always live that way, I'll tell you that right now, though you already know it. You'll sin. Maybe fall hard. And perhaps it won't take long. But when you do, know that you have a Father who forgives you, a Brother who died for you, and His Spirit calling you back in repentance and faith. Faith that the words and promises of God are sure and true. That's why we begin each Divine Service in the same Name we were baptized in, remember that we are baptized children of God, confess our sins, and know that our Father welcomes us prodigals back again. *I forgive you all your sins*, He says. Every week. Words we can never grow tired of hearing.

But before we get to that, your crucifixion with Christ, we're going to hear once again some old and familiar stories. Old Testament accounts of what God has done for us. His gifts to us. And when you do, think about how all these stories teach us not about history, but about our reality. Our baptismal reality.



We'll hear of creation, how all life came to be by the Word of God. And in baptism, it is the same - new life given through the Word of God in the water.

We'll hear of the flood, how God cleansed the world and saved through water. And in baptism, it is the same - cleansing and new life through water.

We'll hear of Israel passing through the Red Sea and how God swallowed up their enemies in that same water. And in baptism, we pass through water, and our enemies - sin, death, and the devil - are swallowed up in that same water.

We'll hear from the prophet Ezekiel of God's promise of a new heart and a new Spirit when He sprinkles clean water on us, as He does in baptism.

We'll hear from Job the confidence that after his flesh has been destroyed he will see God with his own eyes - his own, resurrected eyes. And in the resurrection of baptism, we have that same confidence.

We'll hear from the prophet Zephaniah, of God's joy and salvation, of God gathering and restoring His people, which He is doing even now through His Word and His Word in the water of baptism.

And then what is always our final reading for this night, we'll hear of the three young men in the fiery furnace - three thrown in, but four walking around, unharmed, in the flames. And we know that whatever flames we face, whatever trials and troubles - even the very fires of hell! - we will not be alone, and we will pass safely through, because we've been joined with Jesus in His death and resurrection. The water of baptism dousing the flames of sin and hell.

Today, we remember that the death and resurrection of Jesus is the nexus of history. All before leading to it; all after flowing from it. The world will ignore that, point to other things and events. We know better. This is the night that changed everything. This is the night that changed us. This is the night of forgiveness. This is the night of life.

So, we also remember Jesus' *resurrection*. It is for, Bella, Evelyn, and Miles we witness this too. And we remember our own. And don't worry! It is yours, too. Your grave will be opened and will not be able to hold you, on that day when Jesus says, come out! And you will. From death to life. This is for you. Pastor GeRue



## Stewardship Talk - April 2023 Newsletter

**Jesus, in His Sermon on the Mount, says the following “Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven. But when you do a charitable deed, do not let your left hand know what your right hand is doing, that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.” (Matt 6:1, 3-4)**

Over the past couple of months, your Board of Stewardship has been sharing stories on how your stewardship activities have been impacting others. Today, we’re going to spend a moment on “behind the scenes” Stewardship that many of us are not even aware of...

*You may have heard how grateful our LWML/Ladies Aid was with the success of their fall baking and cookie sales, used to support ministries internally and around the world. The ladies say that all of this wouldn’t have been possible without all of those unnamed individuals who baked, promoted, and did so many other amazing things throughout October through December. And, they also mentioned with appreciation all of the buyers who said “**keep the change**”!*

*Our shut-ins have been ministered to so wonderfully by fellow members that have taken time to send cards. Better yet, we have behind the scenes members who go out and personally visit our shut-ins with cookies and treats. And, we have shut-ins who have made it their ministry to call other shut-ins regularly. What a blessing!*

*At a recent funeral meal, a member from a sister congregation was amazed at the number of Trinity members working at the dinner. She remarked that their church would never be able to put on this type of meal for the family, as they had no pool of volunteers willing to help with all that is needed to plan, prepare and serve this large of a group.*

There are more behind the scenes stories, and we’ll be sharing those with you in the coming months. Meanwhile, see what great reward there is from our Father, in bringing joy to individuals we know or may never know, in the quiet of our Stewardship offering.

# TRINITY LUTHERAN CHURCH - FINANCIAL REPORT FEBRUARY 2023

|                          | <u>BEGINNING BALANCE</u> | <u>DEPOSITS/INCOME</u> | <u>WITHDRAWALS/EXPENSES</u> | <u>ENDING BALANCE</u> |
|--------------------------|--------------------------|------------------------|-----------------------------|-----------------------|
| Nicolet General Fund     | \$18,412.45              | \$79,774.50            | (\$74,664.50)               | \$23,522.45           |
| Nicolet Restricted Funds | \$112,808.95             | \$0.00                 | \$0.00                      | \$112,808.95          |
| LCMS Endowment Fund      | \$113,765.00             |                        |                             | \$113,765.00          |
| LCEF Steward Fund        | \$796.88                 | \$9,584.58             | (\$9,588.69)                | \$792.77              |
| Nicolet Money Market     | \$210,616.00             | \$2,279.05             | (\$31,000.00)               | \$181,895.05          |
| Schwab Wealth            | \$38,337.37              | \$1,040.34             | (\$137.81)                  | \$39,239.90           |
| Nicolet Memorial Fund    | \$6,759.09               | \$0.00                 | \$0.00                      | \$6,759.09            |
| Nicolet Office Acct      | \$2,823.07               | \$1.08                 | \$0.00                      | \$2,824.15            |
| Nicolet Think Tank       | \$3,185.34               | \$0.00                 | \$0.00                      | \$3,185.34            |
| Nicolet Scrip            | \$14,246.27              | \$25,094.30            | (\$29,635.25)               | \$9,705.32            |
| <b>TOTAL</b>             | <b>\$521,750.42</b>      | <b>\$117,773.85</b>    | <b>(\$145,026.25)</b>       | <b>\$494,498.02</b>   |
| LCEF Mortgage (BOTR)     |                          | \$932,468.75           |                             |                       |
|                          |                          |                        | (6,597.27)                  | <b>\$925,871.48</b>   |

Two opportunities for financial aid/scholarships for church worker students.

**South Wisconsin District Financial Aid** applications are **due May 15**. Anyone attending a Concordia University or Seminary, is a member of an LCMS congregation in the SWD and is preparing to be a full-time church worker (pastor, teacher, deaconess, DCE/DCO, DFLM, DPM, lay minister) is encouraged to apply. There are two applications required (District Financial Aid Application and Personal Aid Application). Both are available on the SWD website – [swd.lcms.org/resources/student-aid-applications/](http://swd.lcms.org/resources/student-aid-applications/).


### LWML Female Church Worker Scholarship

The LWML South Wisconsin District has been blessed to be able to award scholarships each year since 1991 to women from South Wisconsin District who are preparing for church work in the Lutheran Church Missouri Synod. An endowment was established to assist women with their undergraduate education. The number and amount of scholarships varies from year to year depending on the funds available that year. Applications are currently being accepted for the 2023-2024 school year.

**Who may apply?** Active female members of congregations of the South Wisconsin District of the LCMS who are residents of the SWD prior to college and are preparing for “full-time service in the LCMS” are encouraged to apply. An applicant must be enrolled as an undergraduate at one of the educational institutions of the Synod for the 2023-2024 school year. (Full-time service is defined as any position available through the Board of Assignments of the Synod)

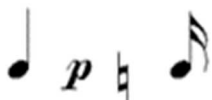
**How to apply?** Complete the LWML scholarship application forms and return them to the LWML SWD Scholarship Committee. All applications and references **must be postmarked no later than April 30, 2023**. Application instructions and forms are available online at <http://www.lwml-swd.org/scholarships>, scroll to the bottom.



Announcing ... 

 A premier **HANDBELL CONCERT** ... HERE ...

at Trinity Lutheran Church & School!!

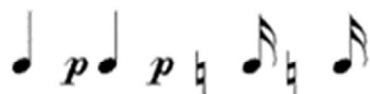
on 12 APRIL at 7:00pm 

featuring **ALLELUIA RINGERS!!**

Prof. Mark Bloedow, Director  
(Concordia University – Mequon, WI)

*A reception and light refreshments will follow the concert!*

A Freewill Offering will be taken at the recital  
with all proceeds going to Trinity's  
purchase of Handbells. 😊



**Don't miss this spectacular event!** If you have questions, call the  
church office (920-722-2662) or Rose (608-213-2644)

# CONGREGATION INVITED

## LWML Zone 11 Spring Rally

Saturday, April 22, 2023

Trinity Lutheran Church & School

300 Broad Street • Menasha, WI 54952

Parking on Broad Street and in Back Parking Lot Off of Broad Street

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Registration Opens at 8:45 AM

Devotion at 9:15 AM

Breakfast Brunch to Follow



“Something Wonderful Happened Here;  
A Visit to The Holy Land”

Reverend Timothy and De ! inne

There is a sign-up on the spinner in the Narthex. Please indicate the number of persons attending, OR you may call or email Dottie Kraus at: (920) 991-2705/rkraus001@gmail.com by April 14, 2023.



## DC News

Healthy news and information from Synergy Chiropractic & Wellness Center.

### Deskercise: Move More During Your Workday



Sitting at a desk all day can lead to a sedentary lifestyle, but there are ways to incorporate movement. Here's how!

**Take frequent breaks.** Stand up and walk around for a few minutes every hour. This can help improve circulation and prevent stiffness in your joints. Consider using a standing desk or an adjustable desk that allows you to switch between sitting and standing.

**Include stretching and exercises in your day.** Simple movements like shoulder rolls, neck stretches, and leg extensions can help loosen up your muscles and prevent tightness. Additionally, you can use resistance bands or small weights to do arm and shoulder exercises while sitting.

**Take a walk during your lunch break.** Walking not only adds movement but also helps improve mental clarity and focus.

### Tips for Living Longer, Healthier Lives



Who doesn't want to live a longer, healthier life? Fortunately, there are several natural, scientifically proven ways that you can!

One of the most effective ways to live longer and healthier is to maintain a healthy diet. Eating a diet rich in fruits, vegetables, whole grains, and lean protein can help to reduce the risk of chronic diseases and promote overall health.

Another natural way to improve longevity is to stay physically active. Regular exercise has been shown to improve cardiovascular health, reduce the risk of chronic diseases, and improve mental health. If you need help moving easier, our team may be able to help with focused chiropractic adjustments.

Maintaining social connections and pursuing meaningful activities can also promote health and longevity. Studies have shown that people who have strong social networks and engage in activities they enjoy are more likely to live longer, healthier lives.

### Relieving Sciatic Nerve Pain Naturally



Sciatic nerve pain is a common condition that affects millions of people. The pain is caused by the compression or irritation of the sciatic nerve, which is the longest nerve in the body. While there are medical treatments available for sciatic nerve pain, there are also natural remedies that may help relieve symptoms.

One of the most effective natural remedies for sciatic nerve pain is stretching. Gentle stretches that target the lower back and hips can help to alleviate pressure on the sciatic nerve and reduce pain. Yoga and Pilates are great options for incorporating stretching into your routine.

Another natural remedy for sciatic nerve pain is massage therapy. Massage can help to improve circulation, reduce inflammation, and relieve tension in the muscles. Additionally, acupuncture and chiropractic care may provide relief by addressing the root cause of the pain.

Incorporating anti-inflammatory foods into your diet, such as turmeric, ginger, and omega-3 fatty acids, can also help to reduce inflammation, which may improve pain.