



*Serving the
downtown
community
since 1919*

Upcoming Events

MAY 20

Health Fair

MAY 26

Ascension

JUNE 3

*Trinity Sunday
Super Service*

JUNE 4

*Summer Recreation
Program Begins*

Published Monthly
Except July
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Trinity Downtown

TRINITY EVANGELICAL LUTHERAN CHURCH AND SCHOOL

WWW.TRINITYDOWNTOWN.ORG

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MAY 2007

Pastor's Page

Dead or Alive

As I write this we're just hearing about the horrible shooting deaths of students at Virginia Tech. By the time you read this I'm sure we'll know a lot more about what happened, but come back with me in time to when you first heard of this tragedy.

Maybe I'm the only one, but when I heard of this my very first gut reaction was to create some distance between those affected and myself. It's like when I hear of an airplane crash—for some reason I try to think that the people on that plane were different from me, as though I only fly on safe planes, to safe destinations, in safe weather, while they were doing something risky. Of course, that's ridiculous—I get on the same kinds of planes, fly to the same cities, and I get on the plane no

matter what the weather.

So when I heard that these students were killed my first reaction was some fuzzy feeling that students at VT are somehow different from my own son at UCF, that they were doing something risky, while my family lives in some zone of safety. I know, I know, that's totally ridiculous. Whatever madness drove someone to shoot dozens of young people to death could have just as easily driven them to shoot in Florida as in Virginia. I and my family do not live a charmed life. Disaster is just as likely for me as for anyone else in the world.

Luke 13, the Gospel just a few Sundays back, tells how people were sharing the story of a similar tragedy to Jesus. Pontius Pilate had

by Pastor Jeff Moore

slaughtered some Jews as they were offering their sacrifices in the temple—Pilate had “mingled their blood with their sacrifices.” Jesus came back with the story of 18 Galileans killed when a tower collapsed in Siloam, and insisted that these people were no different from the people telling him the story—they weren't “worse sinners,” they weren't being singled out for punishment by God. Jesus made the point, through a parable, that we are all under the same sentence of death for our sins, that we all might be just a step away from death ourselves, that God is patient, but will finally bring our lives in this world to a close.

You and I are living in the same dangerous world that everyone else is. Our attempts to pretend otherwise are

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Pastor's Page, continued from page 1

pure fantasy. Our lives might very well end in a story that will be heard around the world and cause people to gasp and fear.

I'm not saying this to suggest that we walk in fear every day, or that we try to somehow lock ourselves into a fortress of safety. Instead, I want to urge all of us to remember that we are linked to every other human on the planet. There is no distance between us and the sufferers of tragedies. Instead of trying to isolate ourselves, we need to open our hearts to those who hurt.

Now, it would be easy to say, "OK, I'll try to feel compassion for those families in Virginia that are grieving so today." That's fine, but there's more to it than that! Look closer to home. There are people in reach that are living through their own tragedies. Trinity as a whole has just this past month utterly failed one of our own grieving families. I don't know how we let things fall through the cracks, but we certainly did, in a big way. I'm not just talking about those who work here, but all of us, including several smaller groups this family is an intimate part of. I can only conclude that we have let other things get in the way of one of our primary, God-given duties—to bear one another's burdens. God calls us to compassion, to "feel with" others, to walk with them in their grief and to help them carry the load that is too big to bear alone.

Maybe our failure was the result of being distracted by our financial crisis, coupled with the busyness of Easter approaching. Or maybe it's a symptom of a deeper problem. Maybe if our hearts were right the devil wouldn't be able to distract us from our first responsibilities.

So I urge you to search your heart, to see where you may have failed to connect to your neighbors in their needs. I know each of us will find failures inside our hearts, but we won't find the solution coming from inside. That only comes from outside, from our Lord Jesus Christ. Only by the power of his forgiveness and love will the answer come into our hearts, as he loves us and creates true love for others inside us.

Next time you learn of a tragedy, large or small, please take some time to think and pray. Resist the temptation to "protect" yourself by thinking how different the victims are from you. Instead, think of how you and I are just like those who suffer, and how we are called by God to join them in their suffering, to help them bear their burdens, and so show the love of Christ to them. Then, in whatever way possible, show that Christian love to those hurting.

May God grant us all the gift of true compassion!

Sacrifices

"I will direct your steps."

Proverbs 3:5-6

"I will supply all your needs."

Philippians 4:13

The March 25th Voters Meeting showed what God can do through His people. There were 144 Trinity members attending the meeting. We took a hard look at our financial shortages

by Sandy Ogg, Executive Director and ministry opportunities.

Ginny Ellis, Director of Board of Stewardship, challenged us to make sacrificial giving an intimate part of our lives for four months (March/April/May/June). On March 25th alone that appeal resulted in actual cash and pledges in the amount of \$48,555. Since then

(Continued on Page 3)

Sacrifices continued from page 2

additional sacrificial gifts/pledges have been received, bringing the total to \$61,000. Easter giving was about \$32,587. It seemed like when we said: “It's impossible!” God said: “All things are possible.” [Luke 18:27]

More good news! We are successfully tithing to our benevolences from our first fruits.

The Finance Committee is in the process of preparing the budget for 2007-08. The budget will be true, hard facts and figures. Salaries and benefits are being closely examined. Employee positions are being assessed. There will not be a line item inserted simply to cover unbalanced shortfalls. “Sacrifice” will be the theme of this budget. At this writing our Treasurer, David Wilkosz, is projecting a deficit carry over to the new 2007-2008 budget of between <\$106,497> and <\$140,000>. You can see we are not out of the woods yet. BUT God is generously blessing us as we work through this challenge. It is cause for hope, praise and thanksgiving to Him.

All boards are taking a hard look at their financial needs. They have all grasped the concept of “sacrificial giving,” cutting their budgets to the bone while being aware of their real needs to accomplish ministry.

Our school has formed a special committee (The Pruning Committee) to determine what cutbacks it can make. For the first year in a long time the school will actually have a budget based on actual enrollment as opposed to a projected enrollment. After school starts in August we will take another look at the school portion of the budget to determine if it needs to be further decreased, or, hopefully, increased because more actual student slots were filled.

Shelley Webre, Child Care Development Director, is in the process of increasing child care enrollment. The Board of Properties is getting the Ruth Street houses in shape to increase our infant enrollment. Our Board of School Ministries has freed up one of the portables so that CDC can add a three-year old class. These are income-producing solutions. But the beauty in them is they are ministry opportunities – reaching out to the little ones and their families and showing them who we claim as Jesus!

The church office in concert with the Executive Committee is reviewing its budget areas and will be making appropriate cuts.

Sacrifices! When things look gloomiest and sacrificing is the last thing we want to do, God steps in and categorically says: “Cast all your cares on me.” [1 Peter 5:7] We are doing that and God is making things happen and blessing us.

As humans we sometimes fall into the trap of saying: “This is too difficult and not worth it.” God says: “It will be worth it.” [Romans 8:28] Remember the sacrifice He made – Jesus. If we hold on to that thought and open our heads and hearts to God, these sacrifices we are making to stabilize Trinity's financial dilemma will bear fruit. God is showing us this is true on a daily basis.

Thanks to all of you who are sacrificially giving. Thanks to Our God for leading and directing us. Thanks to Jesus for the gift of eternal life. Let's continue to work for Him!

Blessings in Jesus,

Sandy

A from Your Music Director

by Lisa Moore, Music Director

May Singing Schedule

5/6	8:00 a.m.	Carol Choir
	11:00 a.m.	Parish Choir and Bells
5/8	7:00 p.m.	School Spring Concert and Music Awards Night
5/12	6:00 p.m.	Kinderchoir
5/20	8:00 a.m.	Parish Choir and Bells
5/22	7:00 p.m.	8th grade Graduation – Parish Choir
5/24	7:00 p.m.	Ascension Day Service –closing concert for Parish Choir and Bells
5/27	8 & 11:00 a.m.	Pentecost – Parish Choir, Bells and Brass
6/3	10:00 a.m.	Trinity Sunday – one super service in the gymnasium!

Thursday, May 26, 2007

The Ascension of Our Lord

Join us for a review of the events in Christ's life

and celebration of His triumphal return to Heaven! Last concert of the year for our parish choir, bells and brass.

Coming June 3 – Trinity Sunday

A combined 10:00 A.M. Worship Service
Celebrating the 1927 Dedication of the Sanctuary.

Getting all our Trinity "congregations" from the various services together to worship together as one big family !! Potluck dinner to follow – details coming!

We appreciate your patience as we continue to transition into the new hymnals and pew Bibles, and try to be good stewards of our resources! The last thing we want to do, however, is make worship difficult for you or frustrating. Please e-mail me with comments and concerns about the worship service. Imoore@trinitydowntown.org

A Servant's Heart

by Liz Borth, Deaconess Intern

The month of May can be an incredibly busy month. School's end means exams, final papers, field trips, and graduation ceremonies. Weddings that mark new beginnings, as well as finalizing summer vacation plans also occur during this last full month of spring. With all the busyness, there is a possibility some of us will become overwhelmed "doers", like Jesus' friend Martha. Note that Jesus did not fault Martha for what she was doing, but for her criticism of sister Mary's not doing. Jesus answered Martha's demand that Mary help her "do" with words chosen to gently redirect Martha from distracting acts of preparation and serving, to His presence and teaching. We too set aside the prayerful, listening characteristics of Mary

when we are busy meeting life's demands. When this happens, we lose track of what is needful at the deepest level and our relationship with God and others can suffer. Here are some thoughts to keep you from distraction as get your children ready for a long summer, plan family trips for the school break, start life as a couple, plan for a new career, and even summer-ize the pool, the yard, and the air conditioner:

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

A Servant's Heart, continued from page 4

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let God's presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

Remember the Sabbath Day, to keep it holy.

The following Sunday School students gladly heard and learned God's Word for one month of perfect attendance:

Colin Smith
Kaitlyn Beier
Alyssa Foschini
Caroline Tesch

Isabel Bermudez
Nick Gavin
Sydney Vaughan
Emma Kate Tesch

Don't Forget To Save This Date - Sunday May 20, 2007

This is the date of Trinity's first Informational Health Fair. Representatives from a number of health and wellness companies will be available to explain and share their services from 9 a.m.-1:30p.m.

Areas of emphasis will include: skin care, massage therapy, cholesterol screening, estate planning, nutrition aerobics/ fitness, diabetes, podiatry, dental and skin care education.

Representatives from Life Line Screenings will be among the providers visiting our campus to share information. The information they provide will be in preparation of screening services to be made available during a return visit on June, 7.

Everyone is certain to benefit from one or more from the services and information to be available. The members of your Human Care Board hope you are planning to attend.

Do you know of a company or organization that may want to share information about their products and services? We would love to hear from you. Contact Jeanine Delehunt, evenings, after 7, 407-382-2160 or Rob Stuenkel, 407-291-9626.

A representative from the Human Care Board may be calling some of you who completed information forms at the Stewardship Volunteer Fair to ask for assistance with publicity, set up, etc. With all the skills and talent, in our congregation, this special day promises to be a great success.



Stephen Ministry



CONNECTED:

"Do not be anxious about anything, but in everything, by

prayer and petition, with thanksgiving, present your requests to God." Phil.4: 6

Stephen Ministers stay connected to their Lord through prayer – praying for each other and praying for/with their care-receivers. Using their training Stephen Ministers help their care-receivers to connect or re-connect to the Lord.

GROWING: *"His divine power has granted to us all things that pertain to life and godliness, through the knowledge of Him who called us to his own glory and excellence...For this very reason make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these things are yours and abound, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ." 1 Peter 1: 3-8*

Stephen Ministers are not only trained to give distinctively Christian care to their care-receivers, but they also continue to 'supplement their faith' by growing in His love. Through Ongoing Education and Peer Supervision Stephen Ministers care for each other as they review and reflect on the lessons

God provides though life experiences and the answers He grants in His wisdom.

FRUITFUL: *"If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ." 1 Peter 4:11b*

Stephen Ministers serve with a two year commitment to training and caring for care-receivers. Stephen Ministers serve their care-receivers with the strength and knowledge God gives them. The training Stephen Ministers receive enables them to serve the Lord in all areas of their lives – continuing to rely on the Lord's help and power.

Prayer: *Dear and gracious Lord – You call us to Yourself, You forgive our errant ways, You show us by Your loving ways how to serve one another, You give of your Spirit to enable us to be connected, growing and fruitful. You are our everything – THANK YOU! In Jesus' name, amen.*

To learn more about Trinity's Stephen Ministry - how to receive care or become a Stephen Minister - please call Pastor at 407-422-5704. **Stephen Ministers meet Thursday, May 3rd – 7 PM for Ongoing Education/Peer Supervision. Boundaries**, chapters 14, 15 and 16. Previously serving Stephen Ministers are welcome.

Where's my Newsletter?

This month we initiated the switch over from snail mail (the post office) to e-mail. Many of you have received this newsletter by way of your household email address provided on the Reaffirmation of Membership form. If you have not received this by email, and would like to, then please contact the church secretaries with your current email address. If you do not have email and did not receive the newsletter by regular mail, please contact the church secretaries with your current address.

Prospective members who have provided an email address will receive the newsletter via email. As always, copies of the newsletter will be available in the Narthex and in the church office. If you have any questions, please contact Chanda or Jeanette at 407-422-5704. Thank you all so much for your patience and cooperation as we fine tune this process; we will now save significantly each month on postage and paper spending!



Macau Update

We thank God for Anna's Visa Work permit coming through just on time to not have to leave Macau again indefinitely!

Excerpts from Anna's Singapore and Malaysia trip:

“Tiger Air is a budget airline. The tickets were handwritten; there were no luggage tags!

Singapore seems to have no defining culture of its own. It is, if not a melting pot, a meeting pot – a truly international city. The residents of Singapore have retained their own cultures, language, clothing, food, religion, and traditions. Wandering the streets of Little India, one sees women in sarees and salwar kameez, strings of flowers in their long black hair. In the Hindu temple, priests - bare to the waist with red and white stripes painted on their chests, arms, and faces – offer incense, fresh fruits, and garlands of flowers to fantastical images of gods and goddesses, chanting a monotonous phrase over and over again. Men and women prostrate themselves in prayer, their faces to the hard ground. Back outside we collect our shoes and browse through shops selling colorful Indian clothing, pirated CDs, opium incense, sparkling bangles, elaborately carved wooden sculptures, and cheap handbags.

In Malaysia, we checked out Batu Caves, the home of a Hindu temple. We climbed 272 stairs to reach the main cave and were surprised to find roosters wandering about,

by Anna Moore

until we decided they must be used as sacrifices. The cave itself (if you ignored all the Hindu idols) was a beautiful gorge. I was just thinking about the verse about God sending rain on the just and the unjust alike, and I was replacing the word “rain” with “beauty”, when it began to rain. The rain shining against the rocks of the gorge was breathtakingly beautiful. The best part was the monkeys wandering everywhere, begging for food, eating out of our hands-and the turtles in the pond. There was a gallery of Hindu artwork painted on cave walls. The colors were psychedelic in places. Sometimes the spiritual darkness becomes unbearable. At such a time, we took refuge in mocking the idols and images. Whether that was right or wrong, I do not know. But it was all we could seem to do.”

LCMS World Mission needs long-term missionaries to serve in Macau and various other sites in the area. The mission field in Macau is focused on outreach. Long-term missionaries who serve through LCMS World Mission witness as they build relationships through English-as-a-Foreign Language classes and English Bible studies at the Concordia Outreach English Center. The center also provides a variety of evangelistic events throughout the year with a strong emphasis on Thanksgiving, Christmas, and Easter. Long-term missionaries are responsible for the planning and implementation of these outreach events. For more information, go to www.lcmsworldmission.org/searchopps.

PORTALS OF PRAYER

Portals of Prayer, daily devotional booklets, are available in the back of the church. Please take one. A limited number of large print editions are also available in the church office.

Trinity's Finance

Statement of Activities - Trinity Lutheran Church March 2007 - All Funds

	Annual Budget	March Actual	March Budget	Year to Date Actual	Year to Date Budget	Year to Date Last Year
Income:						
Church Receipts	1,455,653.00	134,450.99	115,561.85	953,328.88	1,081,662.03	1,004,909.46
School Receipts	1,429,576.00	129,976.00	128,842.76	1,134,482.69	1,210,349.90	1,123,738.12
Total Income	2,885,229.00	264,426.99	244,404.61	2,087,811.57	2,292,011.93	2,128,647.58
Expense:						
Lay Ministry	322,063.00	31,771.98	31,329.43	234,068.72	245,202.13	215,679.81
Lay Ministry: Music	15,698.00	1,015.00	1,200.00	11,292.59	11,991.00	10,559.82
Evangelism	17,071.00	0	849.98	1,986.25	11,939.06	569.48
Human Care	2,165.00	0	200	507.51	2,085.00	421.45
Youth	39,080.00	3,036.95	2,829.74	29,662.51	29,260.05	2,942.43
Parish Education	4,800.00	-211.59	125	1,666.51	2,715.00	934.02
School:Registration	25,750.00	956.93	0	20,955.94	25,750.00	23,731.18
School Ministry	992,530.00	87,266.17	78,535.96	729,125.84	754,854.53	707,373.84
School Ministry:Child Care	467,858.00	41,594.28	42,066.63	345,337.60	357,336.98	335,474.34
Finance Office	98,497.00	12,824.86	7,726.00	86,218.06	75,684.50	70,423.48
Stewardship	5,000.00	429.96	0	2,453.11	3,900.00	1,582.14
Parish Fellowship	15,050.00	134.3	1,660.00	7,900.72	12,240.00	12,338.25
Public Relations	10,500.00	297.48	1,916.66	5,534.32	8,500.02	5,564.65
Properties	595,411.00	51,143.01	49,547.78	480,443.93	455,839.03	454,549.28
Parish Planning Council	10,200.00	307.5	0	552.39	6,200.00	3,826.38
Voters:Benevolences	110,550.00	8,918.62	6,864.00	73,366.03	81,267.00	73,072.62
LCEF Improv. Loan	148,006.00	12,245.88	12,333.83	111,450.84	111,004.51	115,161.45
Dedicated Funds Loan	5,000.00	0	1,000.00	78.98	4,000.00	3,000.00
Total Expense	2,885,229.00	251,731.33	238,185.01	2,142,601.85	2,199,768.81	2,037,204.62
Income - Expense	-	12,695.66	6,219.60	-54,790.28	92,243.12	91,442.96

Trinity's Summer Recreation Program

Looking for a quality way for your children to spend their days during summer vacation?

Trinity's Summer Recreation Program offers care daily for children K-7th grades on our campus from 7:30 a.m. until 5:30 p.m. The Summer Recreation Program provides daily activities for children in a safe, Christian environment. Children start their day with devotions and participate in swimming, field trips to area attractions, Vacation Bible School, movies, arts and crafts, sports, and more. The fee is \$145 for 5 days of care, \$95

for any 3 days of care, or \$30 to join us on a drop-in daily basis. Activity calendars will be distributed beginning in April.

The Recreation program begins on **Monday, June 4th** and runs through **Friday, August 10th**, with a week break July 2nd-6th. For more information, or to enroll your child, please contact Shelley Webre at 407-849-6316 or at swebre@trinitydowntown.org. Children from the community are welcome to join us, so please bring a friend to join our fun

Trinity Youth News

Car Wash (at Wal-Mart) – March 31th, 2007 –
THANK YOU!

Annual Easter Breakfast – April 8th, 2007 –
THANK YOU!

Our HS Youth would like to thanks everyone that either got their car, truck and/or boat washed at our CAR WASH and/or attended our Annual Easter Breakfast. We appreciate your spiritual and financial support. We are very close to meeting our financial goals in regards to attending the LCMS National Youth Gathering **+OHSION+** this summer. Again thank you all and God Bless!

In regards to the Easter Breakfast – the Board of Youth would like to thank the Alvarado's (Allen & Michelle Alvarado and family) for serving us with some great food. They served 320 people on Easter morning. God Bless you Allen & Michelle!

Check out these upcoming HS Youth events in May below:

In the L.I.G.H.T. (High School Youth Ministry)

5/1 – Bible Study: Dan

5/8 – Bowling

5/15 – Bible Study: Youth Led

5/22 – End of School / Summer Kick Off

Please check the Triune Weekly and/or your e-mail for any possible changes.

The God Squad – (Trinity's Middle School Youth Ministry)

The Middle School students' Bible Study and fellowship has been cancelled until further notice. Parents please call Dan Davies: 407-422-5704 ext. 129 or e-mail, BYM@trinitydowntown.org

by Wade Regan, Board of Youth Ministry

Confirmation Retreat – *“What Are You Saying?” [The Lord's Prayer]*
March 23 to 25, 2007 at St. John's Lutheran Retreat Center – Paisley, FL

We had a very successful Confirmation Retreat. God blessed us with some great weather and some very able Adult leaders. The Board of Youth along with Dan Davies would like to thank Mr. & Mrs. Kevin Hinton, Randy Zook and Ted Lange for their help on this retreat.

Please continue to pray for all of our 16 confirmands as they will be confirmed on April 29th.

If you have any questions about Trinity Downtown's Youth Ministry please contact Dan Davies at 407-422-5704 ext. 129 or through e-mail BYM@Trinitydowntown.org. Also, continue to watch the Triune Weekly and/or Trinity's website (www.TRINITYDOWNTOWN.org) for any updates/changes in regards to Youth events.

Trinity Youth Kudos:

Justin McConnell led Boone's Mock Trial Team to a 2nd place finish at the State Mock Trial competition (3/31 -4/1/07). He also received the BEST ATTORNEY award. Way to go Justin!

Wade Regan
Board of Youth Ministry

Trinity Cookbook

TRINITY COOKBOOK



Month of May and Strawberries



May is known for many things other than Mother's Day, Cinco de Mayo and Memorial day. Here are a few other things happening during the month of May:

National Asparagus Month
 National Barbecue Month
 National Chocolate Custard Month
 National Egg Month
 National Hamburger Month
 National Macaroon Day
 National Salad Month
 National Salsa Month
 National Strawberry Month
 Strawberry Festivals around the country

- How did strawberries get that name? There is a legend that strawberries were named in the nineteenth-century by English children who picked the fruit, strung them on grass straws and sold them as "Straws of berries".
- Another theory is the name was derived from the nineteenth-century practice, of placing straw around the growing berry plants to protect the ripening fruit.
- Finally others believe the name originated over 1000 years ago because of the runners which spread outward from the plant. The name may have been derived

from the Anglo-Saxon verb to strew (spread) and the fruit came to be known as streabergen, straberry, streberie, straibery, straubery, and finally, "STRAWBERRY" to the English.

- Strawberries are the only fruit with seeds on the outside. The average strawberry has 200 seeds.
- The strawberry is not classified by botanists as a true berry. True berries, such as blueberries and cranberries have seeds inside. The strawberry, however has its dry, yellow "seeds" on the outside (each of which is actually considered a separate fruit).
- To symbolize perfection and righteousness, medieval stone masons carved strawberry designs on altars and around the tops of pillars in churches and cathedrals.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are a member of the rose family. The strawberry belongs to the genus *Fragaria* in the rose family, along with apples and plums. The name of the scientific classification was derived from the Old Latin word for fragrant. The modern Italian word for strawberry is still "Fragola".

(Continued on Page 11)

TRINITY COOKBOOK



Month of May and Strawberries



· Strawberries are low fat, low calorie; high in vitamin C, fiber, folic acid, potassium.

· Native American Indians called strawberries "heart-seed berries" and pounded them into their traditional corn-meal bread. Discovering the great taste of the Native Americans bread, colonists decided to create their own version, which became an American favorite that we all know and love... Strawberry Shortcake

· The Florida Strawberry Festival was held in Plant City March 1-11. But, you can catch the 34th Annual Pasadena CA Strawberry Festival May 18-20, and in Portland, TN Saturday, May 19, or May 1-6 in Chadbourn, NC

· Remember your Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking. Berries that are green or yellow are unripe and will taste sour.

A Very Easy Strawberry Shortcake Recipe

- 1 store bought pound cake loaf
- 1 can whip cream
- 1 pint (basket) of strawberries, hulled and cut in half or quartered
- 2 tbsp. sugar

In a large bowl combine the strawberries and sugar. Slice pound cake in 1 in slices. Place one cake slice on a plate, spoon small amount of strawberries over cake. Top strawberries with whipped cream and place another pound cake slice on top. Add a dollop of whipped cream and garnish with a strawberry.

May you and your family have a blessed Month of May!

Please consider contributing any of your family recipes especially the strawberry recipes you may have to be a part of our Trinity Church and School Cookbook.

Please submit your recipes to the committee as soon as possible so they can be turned over to the publisher. Thank you!

By Mail: **Trinity Lutheran Church & School**
Attention Cookbook
427 N. Magnolia Ave.
Orlando FL 32801

At Church: Drop Box in Narthex
At School: Drop Box in Office
Church office: Drop Box at Front Desk
By Email: TrinityCookbook07@hotmail.com
(Forms also available on-line:
www.trinitydowntown.org/cookbook*)*

Prayer List

In order for the Triune prayer list to be up to date and functional, we have started to date the prayer requests and put them in a rotation. After three weeks of prayer, we will automatically take off that particular prayer. If you want us to continue the prayer, call the Church Office and request the prayer be put back on the prayer list for another three-week rotation. The prayer list of the monthly newsletter will consist of prayers that are longer term. If there are any changes on the list below or if you would like them in the Triune prayer list for three weeks, call the Church Office, 407-422-5704, or email tlc@trinitydowntown.org.

During the Month of April we prayed for:

Prayers for Health Concerns

Alice List	Isabelle Hope van	Miriam Neff	Sarah Quinn
Andy O'Pry	Slidrecht	Nancy Hildebrand	Sarah Waters
Archie Seaton	Jackie	Nancy & Scott Lee	Scott Davis
Carolina Dunning	James Lutes	Oakus Stephens	St. Johns Lutheran
Carolyn Merrick	Jane & Gene Tonn	Pam Hahn	Church, W.P.
Christian Sharp	Jeff and Tiffany van	Pat Glander	Steve Mahaney
Christopher Payne	Slidrecht	PatCording	Tamika Mathis
Chuck Boogher	Jenny Nelson	Patrick Clark	The Ahearn Family
Claude Reece	Joey Morris	Paul Dworkin	Tim
Crystal Byerly and family	John Lanier	Jon and Becky van	Tina Collyer
Dakota	John McDonald and family	Slidrecht	Tony Hughes
Darryl Perry	Joy Fortunato	Randy Schlak	Travis Arrett
Dave Oristaglio	Joyce Copenhaver	Rivera Family	Vicki Blain
David Lennon	Karen Phinney	Robert Ferris	Virginia Anderson
Diane Edenfield	Karen Lanier	Rodney List	William Vroman
Donna Messinger	Kathy Codd	Roy Karst	
Donna Gardner	Kathy Levey		
Doris Engstrom	Kaye Norton	Deaths in April:	
Doug Ackerman	Keith Woods	Lillian Ferris, Trinity member	
Doug Goetzloe family	Kim & Alec Dave	Floyd Keeney,	
Eddie Rawlings	Kim von Wolfsek	husband of Julie Hey's godmother.	
Eleanor Dobroski	Larry Hamer	Kenneth Hill,	
Ellson Family	Larry "Joe" Oakley	brother in law of Mary Hohman	
Emily Berry	Liam Richey	Adele Renner,	
Evan Scherwitz	Linda Fear	mother of Craig Stephens.	
Eve Sneller	Lois Raymond	Archie Seaton, husband of Jean Seaton,	
Foster Lerner	Lucy Fry	father of Linda Short	
Gary Brown	Madeline Kimmel	Donna Deardorff, Dan Davies' Aunt	
George Shaw	Marilyn & Darrel	Lyn Welch,	
Gerhard Michael	Kendal	mother of former Trinity student	
Glen Petersen	Mark Eckoff	Ginny Hitt (Welch).	
Helen "Nana"	Marty Hyder	Phyllis Levey,	
Henry LaMontagne	Marty Young and family	mother of Cathy Levey	
Inge Hopkins	Mike Rushing	Barbara Young,	
Irene Reynolds	Mike & Paulette Hyder	mother of Tracey Young-Freeman	
Irie Kensler		(Rick), and grandmother of student	
		Zach Freeman.	

Please contact the church office if any of the names of the prayer list are wrong or need to be taken off or added.

Anniversaries & Birthdays

The following people who were born or married in May. We thank the Lord for His great gifts of life & love! **If there is a mistake or we have missed you, please let us know so we can update our records.**

May 1	Jackson, Elizabeth	Birthday	May 9	Shaw, Arlene	Birthday
May 1	Van Horn, Elva	Birthday	May 10	Chormann, Julie	Birthday
May 2	Crowell, Cassanadra	Birthday	May 10	Clancy, Shannon	Birthday
May 2	Deutsch, Aiden	Birthday	May 10	Foster, Helen	Birthday
May 2	Jecks, Timothy	Birthday	May 10	Mendel, Matthew	Birthday
May 2	Kennedy, John	Birthday	May 10	Stevens, Carole	Birthday
May 2	Schober, Autumn	Birthday	May 11	Munoz, Jennifer	Birthday
May 2	Scott, Michael	Birthday	May 11	Price, Stanley	Birthday
May 3	Bell, Ingrid	Birthday	May 11	Schumacher, Kathy	Birthday
May 3	Hocor, Lynn & James	Anniversary	May 11	Yawman, Dardanella	Birthday
May 3	Short, Robert	Birthday	May 12	Bronson, Marla	Birthday
May 3	Zook, Randy	Birthday	May 12	Logan, Ronald & Carol	Anniversary
May 4	Barnes, Erik & Kerri	Anniversary	May 12	Revels, Jeffrey & Karen	Anniversary
May 4	DeBerry, Caleb	Birthday	May 13	Docton, Paul	Birthday
May 4	Ellis, Kelly	Birthday	May 13	Dragotta, Karen	Birthday
May 4	Walberg, John	Birthday	May 13	Hoevenaar, Payton	Birthday
May 4	Wegner, Jeffrey	Birthday	May 13	Merrick, Donald	Birthday
May 5	Anderson, Jake	Birthday	May 13	Speelman, Ruth	Birthday
May 5	Barrett, Nicholas	Birthday	May 13	Zastawney, Megan	Birthday
May 5	Brown, Andrew	Birthday	May 14	Bowman, Jody & Gaye	Anniversary
May 5	Ramirez, Lorenzo & Julie Carrington-Ramirez	Anniversary	May 14	Camichos, PJ & Jean	Anniversary
May 5	Schacht, Kim	Birthday	May 14	Kunze, Nancy	Birthday
May 6	Cunningham, Allen	Birthday	May 15	Allard, Jacob	Birthday
May 6	Engstrom, Doris	Birthday	May 15	Cox, Emily	Birthday
May 6	Foster, Randolph	Birthday	May 15	Kimmel, Madeline	Birthday
May 6	Hammack, Jr., Charles	Birthday	May 15	Roby, Ronald	Birthday
May 6	Lubold, Pierre & Victoria	Anniversary	May 15	Stanhope, Lois	Birthday
May 6	Willson, William	Birthday	May 16	Brown, Cameron	Birthday
May 7	Adkins, Abby	Birthday	May 16	Clark, Rhiannon	Birthday
May 7	Fabry, Paul & Cynthia	Anniversary	May 16	Fair, George & Barbara	Anniversary
May 7	Glover, Dennis	Birthday	May 16	Karnes, Dalene	Birthday
May 7	Kasper, Wendy	Birthday	May 16	Kimmel, Allen	Birthday
May 7	Nagy, Leo	Birthday	May 16	O'Rourke, Darian	Birthday
May 7	Neubauer, Craig & Melissa	Anniversary	May 16	O'Rourke, Darian	Birthday
May 7	Smith, Randy	Birthday	May 16	Tayloe, Trey	Birthday
May 7	Velez, Gilbert	Birthday	May 16	Kupfer, Robert	Birthday
May 8	Borth, Liz & James	Anniversary	May 17	Ruffier, William & Kimberly	Anniversary
May 9	Cameron, Lawrence & Dawn	Anniversary	May 17	Schroeder, Michael	Birthday
May 9	McFadden, William & Debra	Anniversary	May 17	Tesfazghi, Letebrhan	Birthday
			May 17	Trapp, Jo	Birthday
			May 18	Cotton, Amy	Birthday
			May 18	Hansen, Scott	Birthday
			May 18	Jezek, Tim & Holly	Anniversary
			May 18	Schroeder, Celia	Birthday
			May 19	Sharp, William C.	Birthday
			May 19	Simonson, Marlene	Birthday
			May 19	Smalley, Jessica	Birthday
			May 19	Yeager, Jeff	Birthday
			May 20	McCaleb, Mellissa	Birthday

Birthdays, continued from page 15

May 20	Tesch, Cooper	Birthday	May 25	Sprague, Jonah	Birthday
May 20	Torres, Alex	Birthday	May 26	Christiansen, Jo	Birthday
May 20	Young, Lisa	Birthday	May 26	Fedder, Patricia	Birthday
May 21	Cohen, Jules & Elizabeth	Anniversary	May 26	Lopez, Naomi	Birthday
May 21	Dragotta, Jon & Karen	Anniversary	May 26	Reid, Allen & Katrina	Anniversary
May 21	Hoard, Mary Jo	Birthday	May 26	Tedder, Richard & Felicia	Anniversary
May 21	Oelschlager, Eric	Birthday	May 26	Tzuanos, Justin	Birthday
May 22	Barth, Jamie	Birthday	May 27	Carter, Jennifer & Nathan	Anniversary
May 22	Berkley, Richard	Birthday	May 27	Lasater, Julie	Birthday
May 22	Crowell, Betty	Birthday	May 27	Schneider, Michael	Birthday
May 22	Kunster, Gilbert & Anna	Anniversary	May 27	Smith, Alan & Silke	Anniversary
May 22	Short, Robert & Linda	Anniversary	May 27	van Sliedrecht, Jon & Becky	Anniversary
May 22	Zavitz, Jason, III	Birthday	May 28	Blackwood, Lydia	Birthday
May 23	Beier, Alissa & Matthew	Anniversary	May 28	Cunningham, Brett & Jill Stephens	Anniversary
May 23	Collier, John	Birthday	May 28	Hindman, Bronwynn & Charles	Anniversary
May 23	Fritz, David	Birthday	May 28	Mortensen, Steven	Birthday
May 23	Haskett, Lynda	Birthday	May 28	Schacht, Clay	Birthday
May 23	Lerner, Chris	Birthday	May 29	Feliciano, Rebeca	Birthday
May 23	Sauer, Jason	Birthday	May 29	Fischer, Thomas	Birthday
May 23	Trapp, Joan & Brendan O'Brien	Anniversary	May 29	Houston, Iris	Birthday
May 23	Van Winkle, Jenna	Birthday	May 29	Veaudry, Karina	Birthday
May 23	Woideck, Alisa	Birthday	May 29	Wacker, Lynn	Birthday
May 24	Becker, Christina	Birthday	May 30	Conine, Ben	Birthday
May 24	Ford, Cory Lynn	Birthday	May 30	Hamilton, Kristie	Birthday
May 24	Knudsen, Charles	Birthday	May 30	Harris, Brandon	Birthday
May 24	Smith, Hannah	Birthday	May 30	Voss, Karen	Birthday
May 25	Bailes, Janice	Birthday	May 30	Zepeda, Jevannie	Birthday
May 25	Beasom, Jeffrey	Birthday	May 31	Ackerman, Barbara	Birthday
May 25	Bernoska, Wayne	Birthday	May 31	Friedel, Sara-Elizabeth	Birthday
May 25	Kunze, Patty	Birthday	May 31	Lasater, Jr., Marty	Birthday
May 25	Mortensen, Steven & Elizabeth	Anniversary			

EMAIL ADDRESS?

Do you have an email address that you have not turned in to the church office? Please email or call in your new or updated email address to the church office, tlc@trinitydowntown.org.

**"The Best Cup of
Coffee in Town"
Brought to You by
Your Fellowship Board!
Sundays 8:45-9:30 a.m.
In the Fellowship Hall**

Seeding Health and Hope

A Monthly Health Ministry Resource
For Congregations
Vol. 10, no.5 April 2007



An Ounce of Prevention is Worth a Pound of Carrots

Gardening is a great way to get some exercise and can result in bunches of beautiful blooms or a flavorful feast of fresh veggies. Unfortunately, thousands of people wind up in the ER each year from gardening mishaps. Before you reach for your spade and watering can, the Centers for Disease Control and Prevention have garnered the following tips for safety while gardening.

- **Wear the right gear.** This includes safety goggles, sturdy shoes, long sleeves and pants, garden gloves, earplugs if using loud garden machinery, and sunscreen. Don't forget, half the fun of gardening is looking cute in your wide-brimmed hat and sunglasses!
- **Garden with care.** Be mindful of possible distractions and hazards and make sure to use chemicals and equipment properly.
- **We know you're having fun, but don't spend too much time in the sun.** Drink water, take breaks, and watch out for the symptoms of heat-related illness—such as

high temperature, headache, rapid pulse, dizziness, nausea, or confusion.

- **Pay attention to your limitations.** Talk to your doctor about any physical or mental concerns that might affect your gardening ability. Follow warnings against using heavy machinery if you are taking any medications that may cause drowsiness or impair your judgment. Keep an eye on your level of fatigue, heart rate and physical discomfort.
- **Vaccinations save lives.** Make sure your tetanus/diphtheria (Td) vaccine is up-to-date before digging around in the garden as tetanus lives in the soil and enters the body through breaks in the skin.

Physical activities like gardening can prevent obesity, high blood pressure, type 2 diabetes, osteoporosis, coronary artery disease, stroke, depression, colon cancer and premature death. So enjoy the fresh air and throw some variety in your exercise regimen with gardening!



“How beautiful are the feet of those who bring Good News.”

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*OUR MISSION is to proclaim the
Gospel of Jesus Christ through
ministries which strengthen and
equip people for Christian witness
and service in downtown,
metropolitan Orlando
and the world!*

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Those Who Serve for May 2007

Date	Time	Elders	Ushers	Readers	Acolytes	Nursery	Greeters
5/5/07	6:00 p.m.	Dick Eggert	Charles Hammack, Lenore Hammack	Mary Hohman	Olivia Levine, Matthew Spotorno		Thomas, Tom & Rita
5/6/07	8:00 a.m.	G. Schumacher	Clayton McCoy, Dave Wilson, Rodney Brown, Don Liesch, Bud Yeager	Amy Fischer	Evan Zook, Emma Kate Tesch		Rodney & Traci Brown
	9:30 a.m.	Mike Hoffman	Lance Bell, Chuck Butterfield, Thea Butterfield, Jeff Alexander	Wren Aber	Sarah Seward, Thomas Foschini	Leah Weber	Alvarado, Selly & Shyanne
	11:00 a.m.	Don Merrick	Mike Trapp, Brendan O'Brien, Greg Ackerman, Darryl Kennedy	Becky van Sliedrecht	Peter Hinton, Kevin Hinton	Maria Boogher	Tony & Carmen Ramiz
5/12/07	6:00 p.m.	Lo Phillips	Thomas Finger, Terri Finger, Dick Eggert	Clay Brice	Cassy Crowell, Sarah Fabry		Sabin, Ed & Darlene
5/13/07	8:00 a.m.	Vern Retzlaff	Glen Schumacher, Gary Schumacher, Jody Bowman, Carl Schroeder, Jim Jones, Dave Schernikau	Craig Nuebauer	Hallie Krzyzak, Jessie Schumacher		Wendy Churchville, Kathy Lee
	9:30 a.m.	Lance Bell	Kent Wolfe, Linda Wolfe, Shane Kunze, Michael Kunze, Chantal Jost	Ed Rawlings	Richard Ebert, Nathan Bond	Lynn Hogan	Anderson, Ken & Karen
	11:00 a.m.	Gregg Yawman	Cookie Abney, David Abney, Tony Ramiz, Martin Ramiz	Ted Lange	Parker Lange, Vanessa Lange	Kim Collier	Gregg & Dardie Yawman
5/17/07	7:00 p.m.	TBA	TBA	TBA	TBA	N/A	TBA
5/19/07	6:00 p.m.	Dick Eggert	Mike Schneider, Lori Stanley	Connie Hagerman	Olivia Levine, Matthew Spotorno		Thomas, Tom & Rita
5/20/07	8:00 a.m.	Dave Shernikau	David Wilkosz, Eric Oelschlager, Vern Retzlaff, Tim Smith, Felix Hamilton, Marcus Hamilton,	Traci Brown	Mikaela Hyder, Emma Kate Tesch		Gail Wilkosz, Clay Bourgeois
	9:30 a.m.	Mike Hoffman	Alan Smith, Bert Foschini, Shane Simonson, Wynona Boast	Linda Wolfe	Sarah Seward, Thomas Foschini	Tonya Ackerman	Hahn, Bruce & Bonnie
	11:00 a.m.	Walt Wolters	Bill Wilson, Jr., Don Merrick, Carolyn Merrick, Larry Evanchyk, Chuck Boogher, Frank Gregorek	Cookie Abney	Kaitlyn Beier, Alexandra Stewart	Martha Pfantz	Don & Carolyn Merrick
5/26/07	6:00 p.m.	Dave Schernikau	Paul Schmidt, Ed Schmidt	Gayle Cavaretta	Cassy Crowell, Sarah Fabry		Sabin, Ed & Darlene
5/27/07	8:00 a.m.	Darryl Gavin	Lo Phillips, Joyce Phillips, Wendy Churchville, Tommie Smothers, Craig Neubauer, Gary Oakley	Bryan Fisher	Lea Wilson, Joanie Gavin		Kathy & Jessie Schumacher
	9:30 a.m.	Lance Bell	Brent Killinger, Peter Killinger	Kent Wolfe	Tyler Killinger, Spencer Cotton	Peggy Schroeder	Lisa Harris, Karen Seward
	11:00 a.m.	Gregg Yawman	David Fritz, Bob Short, Linda Short, Richard Berkley, Betty Berkley	Liz Borth	Merika Emery, Ethan Emery	David & Kathy Simmons	John & Carolyn Strandquest

Altar Guild for May: Claire Stephens, Peg Tabor, Thea Butterfield, Kae Retzlaff, Angie Friedel, Stephanie Gavin

