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Trinity Downtown

TRINITY EVANGELICAL LUTHERAN CHURCH AND SCHOOL

WWW.TRINITYDOWNTOWN.ORG

Volume 11, Issue 9

September 2007

Pastor's Page

A New Beginning

Trinity will be electing new officers in our September 9th Voters' Meeting. We had postponed this election as we considered changes to our constitution and bylaws, but in the end we were unable to agree on what changes would improve the way we work together, so we will be electing to the same offices we have for many years.

That might sound like the "same old same old" to you, but I'm really excited about the next two years. Trinity has been blessed with great leaders for many years, especially the 4 ½ years I've been here, and I thank God for their service. Many of them are moving to other areas of responsibility, and some are taking a well-deserved break from elected office. All

deserve the heart-felt thanks of the membership of Trinity.

The Nominating Committee has, I feel, been incredibly open to the work of the Holy Spirit, and He has guided us to some outstanding leaders to step in and help us move forward. I am really excited about most of the boards (a few are still understaffed as I write this), but in two areas I feel we are especially blessed. (Since we are not bringing contested nominations to the floor, I'll be speaking as though people are already elected, though that is still the congregation's decision on September 9th.) Our new Executive Board has tremendous background in team-building, something that I feel we will all benefit from. Also, we are expanding the size of the Board of Elders to

by Pastor Jeff Moore

match the duties that the Elders have discussed over the past several months. Not that anyone is making excuses, but the Elders have realized that in order to do what is called for from their board we need to have more manpower, and many talented members have said yes to their nomination.

I'm also excited about certain leaders who have chosen a new area to serve in, so that some of our Boards that have been languishing will, I believe, really take off with new zeal for the work God has given us together.

So please join us September 9th for the election of our new officers. I will also be giving a pretty thorough "State of the Congregation" address, specifically addressing

(Continued on Page 2)

Published Monthly

Trinity Evangelical
Lutheran Church
of Orlando, Florida
123 E. Livingston Street
Orlando, FL 32801-1598

Pastor's Page, continued from page 1

several items that have been difficult for us this year. Please come!

As I write this we still have three very important staff positions unfilled here at Trinity. We are still praying for God's guidance for our next principal (though very thankful as we enter the third year of Dr. Bob Shaffer's outstanding leadership in our school), and the departures of Dan Davies and Pastor Jon have created vacancies that need to be addressed. I believe we will have good short- and medium-term solutions in place by September for our Youth work, and I hope to be able to share some very interesting thoughts about our associate pastor position at our September meeting. The Principal Call Committee hasn't really stopped working for two years now, but there is a sort of "season" to calling principals—because we respect our sister congregations and their ministries, we believe it is totally inappropriate to issue calls to principals as the school year begins. The committee will be meeting again shortly to pick the task back up again so that we can call as soon as it is decently possible.

Enough about the organization! We need to work hard at working together, we need to be organized if we're going to serve together effectively, but that's not what we're all about! We are here to share the love of Jesus with each other and with our neighbors! What I've been talking about is like talking about the

skeleton, muscles, joints, and skin, but there's more to a person than that. On the other hand, if you don't take care of the body, the person suffers and can not do what God has called that person to do!

The heart and soul of our life together here shows in the way we care about and for each other, and the way we reach out to our neighbors. I see a new opportunity with this new school year, and, at least as I write on the first day of that year, I think we can expect great things! With new volunteer officers being elected, with many new staff and more continuing staff, I'm sensing a new desire to pull together and move forward. I know that many prayers have been offered in this direction (most especially from me and my family!) and I believe God is answering those prayers.

Please join me in praying for and expecting this to be an outstanding year, a year with new beginnings, a year in which we'll all be able to see Trinity using the tremendous resources God has given us to share the love of Christ here in Downtown, in Metropolitan Orlando, and the world!

Promises To Those Who Persevere In The Faith

" . . . [M]ake very effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love Therefore, my

by Sandy Ogg, Trinity Executive Director
brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ."
 - 2Peter 1:5-7; 10-11 –

(Continued on Page 3)

Promises To Those Who Persevere In The Faith, continued from page 2

The above scripture focuses on the qualities Peter tells us we should cultivate to ensure our election in Christ. These virtues will produce a well-rounded, fruitful Christian life. Peter does not mean to imply that the believer is to cultivate each listed quality in turn, one after the other until they have all been perfected. Instead, they are to be cultivated simultaneously. By cultivating these qualities the believers can be assured that God has chosen and called them. Those who give evidence of their faith in this way will never cease to persevere. Indeed, by producing these fruits the believer is commended to Eternal life.

Its laity workers – that means, you and me, bless Trinity congregation with the fruit of perseverance. It is time for a new group of these lay workers to step forward and lead Trinity. You will find a list of the nominees for election elsewhere in this publication. There is still time for you to nominate someone for a board (even yourself). The “how to” is simple: e - m a i l y o u r s u g g e s t i o n s t o nc@trinitydown.org, or telephone me at 407-383-9936. This time of open nominations will close on September 2, 2007. The Nominating Committee, Pastor Moore and the current Board of Elders will review the names of new nominees. The nominees will be contacted to verify their willingness to serve. Once verified, their names will be placed on the final nominations slate, which will be posted on Trinity's web site, on the bulletin board in the church loggia, and in the “Triune”.

Your nominating committee has worked very hard to fill all positions. However, you will see that there are several vacant positions. We still need:

Board of Elders

Five additional men

Board of Evangelism

Four additional board members

Board of Parish Education

A Director and two additional board members

Board of Stewardship

Five additional board members

Board of Fellowship

A Director (additional board members would be A BIG plus)

Board of Youth Ministries

While complete according to our by-laws, this board needs at least four additional members.

Where does the fruit of your faith lie? Can you say “yes” to filling one of the above vacant positions?

The election of new officers, board directors and board members will be held at the regularly scheduled voters meeting on Sunday, September 9, 2007 at 12:30 P.M. in the gymnasium. A light lunch will be served (free will offering). I look forward to hearing from you and seeing you on September 9th!

Persevering in Jesus!

Sandy

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.

TRINITY NOMINATIONS SLATE AT AUGUST 17, 2007

Term of Office: October 1, 2007 – June 30, 2009

Executive Committee:

Executive Director: Wren Aber

Assistant Executive

Directors (3): Mark Brink
Paul Fabry
Carolyn Strandquest

Treasurer: Ginny Ellis

Assistant Treasurer: Kathy Aber

Congregational

Secretary: To be appointed by Executive Director

Board of Elders: Director plus at least 7

[This Board asked for 20 members. It needs five more]

Director: Gregg Yawman

Members: Jeff Alexander, Lance Bell, Carl Fabry, Darryl Gavin, Ken Grover, Kevin Hinton, Mike Hoffman, Mike Kunze, Leo Nagy, Vern Retzlaff, Gary Schumacher, Rocky Smothers, John Strandquest, David Wilkosz, Walt Wolters

Board of Evangelism: Director plus at least 7

[This Board needs four more members]

Director: Omar Dittmer

Members: Ron Cole, Pete Krzyzak, Lo Phillips

Board of School Ministries: Director plus at least 6

[This Board Is Complete]

Director: Sandy Ogg

Members: Beverley Middleton, Stephanie Nagy, Doug Petro, Bonnie Roby, Linda Wolfe, Dardie Yawman

Board of Parish Education: Director plus at least 5

[This Board needs a Director and two more members.]

Director: None Identified At This Time

Members: Cindy Barfield, Gladys Dittmer, Karen Seward

Board of Youth Ministries: Director plus at least 2

[This Board is complete according to By-Laws but needs more Members]

Director: Carmen Ramiz

Members: Angie Friedel, David Tesch

Board of Stewardship: Director plus at least 7

[This Board Needs Five More Members]

Director: Tony Ramiz

Members: Dick Eggert, Frank Knoblauch

Board of Church Properties: Director plus at least 5

[This Board Is Complete]

Director: Tom White

Members: Tom Connery, Larry Hamer, John Levinson,
Paul Mielke, Peggy Trapp, Robert Trapp, Janet Walker

Board of Parish Fellowship: Director plus at least 4

Director: None Identified At This Time

Members: Steve Bruno, Rossi Bruno, Wendy Churchville,
Lori Gonzalez, Marietta Hinton

Board of Public Relations: Director plus at least 1

[This Board Is Complete]

Director: Francine Brice

Members: David Blackwood, Alissa Beier, Kent Hammerstrom,
Paul Soost, Dawn Vaughan

Board of Social Ministry/Human Care: Director plus at least 4

[This Board Is Complete]

Director: Gary Oakley

Members: Jay Barfield, Janine Delahunt, Rob Stuendel,
Sandy Walker

A from Your Music Director

We welcome in a new school year, and the start up of our parish choirs again! The school children will be teaching us the beginning liturgy of Morning Prayer, a service new to us in the Lutheran Service Book. We will also be sharing their Hymn of the Month.

"Stand Up, Stand Up for Jesus" LSB 660

A great revival occurred in Philadelphia in 1858, and among the most powerful participating ministers was the 29-year-old Episcopalian, Dudley Tyng. In addition to pastoring his own church, Tyng began conducting noonday services at the downtown YMCA. On Tuesday, March 30, 1858, over 5000 men gathered for a noon mass meeting to hear Tyng preach from the text "Ye that are men, go and serve the Lord" (Exodus 10:11). Over 1000 of these men committed their lives to Christ. The very next week, while visiting in the country and watching the operation of a corn threshing machine, young Tyng accidentally caught his loose sleeve between the cogs. The arm was severely cut, arteries severed, and nerves injured. Tyng died as a result of shock and loss of blood. His final statement was, "Let us all stand up for Jesus."

The next Sunday, Tyng's close friend and fellow worker, the Rev. George Duffield, preached his morning sermon as a tribute to

by Lisa Moore, Music Director

his friend. He closed his sermon by reading a poem he had just written, inspired by the last words of his dying friend.

As we sing this hymn this month, you may want to read Jesus' words in Luke 9:23-27 and Paul's description of a soldier's armor in Ephesians 6:11-18.

Rehearsal Schedule:

Parish Bells - Wednesdays, 6:30 p.m.
Church Basement

Parish Choir - Wednesdays, 7:30 p.m.
Church Basement

Women's Choir - Sept 2, Sundays 6:00 p.m.
Moore Home

Men's Choir

Please note change!!

We will rehearse the 2nd Sunday of the month, 30 minutes before the service we are scheduled to sing at. Church Basement
Rehearse: Sept 9, 7:30 a.m. Basement
Sing Sept 9, 8:00 a.m.

Lutheran Cantata Choir

Rehearsals Sunday, Sept 9, Oct. 14 and Nov. 11, 4:00 – 5:30 St. Luke's Oviedo.
Rehearsal CDs available this year.

A Servant's Heart

I cannot take credit for this story, but I want to share with you how our imprint on those around us can have a long term effect.

"There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that whenever he lost his temper he must hammer a nail into the back of the fence.

by Liz Borth, Deaconess Intern

The first day the boy had driven 37 nails into the fence! Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. His father suggested that for every day the boy was able to

A Servant's Heart, continued from page 4

hold his temper, he pull one of the nails out of the fence. As the days passed, the boy was able to tell his father that all the nails were removed. The father took his son by the hand and led him to the fence. He said, 'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say "I'm sorry" the wound is still there."

For those of us with children, or who work in the education system, the beginning of the school year is a time for fresh starts and a clean slate...to

use an old time school phrase. However, every day each of us have an opportunity to begin afresh with a clean slate. All this because Jesus wiped the errors away. We are new creatures in Christ and by His blood are we connected to God. Because He forgives us for much more transgression than any we will ever give or receive, how can we not forgive each other? The boy in the little story did not hear the gift of Grace each one of us experiences. You receive comfort in the knowledge that no matter how many times we fail, our God forgives us and binds the wound, for Jesus bore the wounds for us. May each of you be blessed today with a fresh start and a clean slate .

Macau

"We are each of an unsocial, taciturn disposition, unwilling to speak, unless we expect to say something that will amaze the whole room, and be handed down to posterity with all the éclat of a proverb."

--Elizabeth Bennet to Mr. Darcy
(Chapter XVIII of Pride and Prejudice)

Now in general that quote describes me about as well as it describes Elizabeth Bennet and Mr. Darcy. (For those of you unfamiliar with the book, that is to say it doesn't.) I say a good many things in the course of a day that deserve to be forgotten as promptly as they are in fact forgotten. Nor does that fact bother me. But when it comes to writing a newsletter, that's an altogether different story. You see, I had this subconscious idea that every missionary newsletter should, well, inspire and "amaze the whole room." And so, while I've been waiting for "inspiration" to strike, the summer has flown by.

I'm writing this as a confession of sorts. It is so easy to slip into thoughts of: "I am a missionary. I am a deaconess intern. I'm serving God. Therefore every newsletter I

by Anna Moore

write should be inspirational and uplifting so that the readers will say, 'Wow. I'm so glad I read that. So-and-so writes such wonderful newsletters.'"

"I...I...I..." Oops. How did that happen?

And so this newsletter will simply tell you a little about what life and work have been like here in Macau this summer. And if anything should happen to inspire or uplift you, be sure to thank the Holy Spirit . . . not me.

It's been an ideal day by Macau standards: overcast but without rain, thus eliminating the need for an umbrella to keep off the sun. (When I first came to Macau, I couldn't understand why people were always using their umbrellas. Now I don't go anywhere without one. It's amazing how the slight temperature difference created by the shade of the umbrella can make the heat bearable—or at least almost bearable!) I spent the day cleaning my apartment in preparation for the arrival (next week) of four long-term teachers, one of whom will be my new roommate. We are in the middle of a three-

MACAU, continued from page 5

week term break, although I expect to spend next week teaching (so that I can take the first week of September to accompany one of my students to her hometown), and the following week will be spent in orientation with the new teachers.

I visited Hong Kong twice this past month: once to fulfill a short-term teacher's lifelong dream of seeing live pandas (we saw four) and once to visit the U.S. consulate to add pages to my passport. Since I finally have in my possession the long-awaited and much prayed-for blue card, I can now apply for a multiple entry visa to China as well.

It has been a real blessing this summer to see how God calls exactly the right people to be here at exactly the right time to reach out to students. The summer has been full of "praise God stories": a discussion with a student about Christianity, an opportunity to pray with a student, a student requesting a Bible. We've also seen a number of new faces at our weekly Bible studies, and two of the new students took Chinese Bibles home with them this past Tuesday night. (Speaking of Bibles, we are hoping to purchase new bilingual Bibles for use at the Center, as well as to give away to students. Our current bilingual Bibles use the Good News translation, which, as far as I can tell, manages to eliminate much of the good news from Scripture. Take as an example John 10: "I am the good shepherd. The good shepherd is willing to give his life for the sheep." But whether or not he does so remains a mystery. Or Psalm 23, where instead of an overflowing cup, we receive a cup filled only to the brim. We can purchase bilingual Bibles using the NIV translation for about \$20 USD apiece. If you are interested in helping to purchase new Bibles for the Center, please let me know!)

We've been implementing a number of changes at the Center recently, including

rearranging the furniture to make the main room more open and inviting. We've also decided to close the Center on Sundays as well as Mondays to give the teachers more time to spend with their students outside of the classroom. One of my students, for example, will be coming to my apartment to learn to make American foods and to ask questions about the Bible, which she began reading after I gave her one a few months ago. Although she was raised Catholic, she was astounded when I told her that Jesus did not come into existence when He was born of Mary. Or that the serpent of Genesis 3 is Satan, whose head was crushed by Christ on Calvary.

Perhaps our most exciting "praise God story" is that our accountant is now a believer! Please pray with us for the strengthening of her faith, that she will come to the waters of holy baptism, and that her husband and four-year-old son will come to faith as well.

I recently purchased some new clothes, and I realized, as I showed them to one of the short-term teachers, that nearly everything I had purchased was white, a color I've never really been drawn to before. But as I thought about it, it occurred to me that perhaps it's a subconscious reaction to the darkness of Macau. And Macau is very dark, in spite of all the "praise God stories" of the past few months. You see, some of those "praise God stories" are very different in nature. I've come to realize just how real Satan and his evil spirits are—and for the first time I'm beginning to understand why people live in fear of the spirits. When you're lying in your bed, alone in the apartment, feeling as though an evil spirit is standing at the foot of your bed with sword drawn (picture Fellowship of the Ring, and you'll understand the feeling), all you can do is cling to your baptism and whisper Jesus' name until His presence fills not only your heart, but your

whole room as well. I've taken to singing “A Mighty Fortress” at the top of my lungs to remind any evil spirits that might be wandering the halls of my apartment complex that this is one apartment where they do not belong. In the United States we like to pretend that such things are not real, but in those parts of the world where Satan rules through fear, someone who claims to have felt an evil presence is most likely speaking the truth. Praise be to our God, who has “called [us] out of darkness into His wonderful light” (1 Peter 2:9). He is indeed a mighty fortress, shield, and weapon.

On a lighter note, I thought I'd share a few of the things you can order at the restaurants here in Macau:

- cow gut congee
- pulled noodles with duck breast
- French instant noodles with bum beef
- in hot pot
- soaked chicken
- black pepper pig's hand in hot pot
- edible wild herbs hand pulled noodles
- the edible frog with XO sauce
- Canada beef spare noodles
- scorch vegetables
- relish coffee
- hash browns
- drunken chicken

My new favorite is papaya milk tea, although the Ube milk tea is a close second.

Please praise God with me:

- for signs that He is working in the hearts of many of our students
- for the short-term volunteers who served here this summer
- for bringing our accountant to faith
- for my blue card
- for His Word
- that He is “our refuge and strength, an ever-present help in time of trouble” (Ps. 46:1)

Please pray with me:

- for our new long-term volunteers—safe travel, provision of blue cards, adjustments, etc.
- for those students who no longer have contact with our Center, that the seeds that were planted might be watered and nurtured
- for all our students, that God would remove any hindrances that Satan might place on their road to faith
- that God would breathe new life into St. Paul's Lutheran Church and its leaders
- for God's light to dispel the spiritual darkness of Macau
- that God's light would shine through us in our interactions with our students and all the people of Macau

Love in Christ, Anna Moore

Lutheran Women's Missionary League

The LWML – orning group will meet Thursday, September 13th at 9:30 in room M210 of the Magnolia Ministry Center. Bring a sandwich and enjoy Bible study and fellowship. Call Martha at 407-425-2947.

Serve the Lord with gladness!

The Altar Flowers

The Altar Flowers on display for Teacher Dedication Sunday, August 19th, 2007, were given in loving memory of the three Trinity teachers who died in the last four years: Ron Prochnow, Shirley Bean, and Mary Cawthon.

Presented by The Red Hat Teacher's Society Some are former and present members of the Trinity staff. Shirley Bean and Mary Cawthon were members of the Red Hat group also: Kae, Barb, Jean, Darlene, Barbara, Jan, Nancy, Ruth, and Heather.

September 2007

Trinity Downtown

TRINITY EVANGELICAL LUTHERAN CHURCH AND SCHOOL

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Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					September 1 5:00pm 5:50pm Adult Bible Study (S110) 6:00pm 7:00pm Saturday Worship (S100A)
					2 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:45am Worship - Folk (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) More Items...
					3 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:45am Worship - Jazz (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) More Items...
7:30pm 9:00pm Roby Bible Group--Begins Again (Roby Home)	7:00pm 9:00pm High School Youth Bible Study (s110)	7:00am 8:30am Men's Bible Study-Christ the King (OC) 10:00am 12:00pm Lutheran Haven Bible Study 7:00pm 9:00pm Wed Men's Basketball (S111)	6:15am 7:45am Men's Prayer Breakfast (City Diner) 9:00am 12:30pm Quilters (M201) 6:00pm 9:00pm Mock School Night for Middle School (S110/S111/All classrooms)		8 5:00pm 5:50pm Adult Bible Study (S110) 6:00pm 7:00pm Saturday Worship (S100A)
					9 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:45am Worship - Jazz (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) More Items...
7:00pm 9:00pm Human Care Board (S101A)--MaryBeth's office 7:00pm 9:00pm PTL Board Meeting (S101B) 7:30pm 9:00pm Roby Bible Group (Roby Home)	7:00pm 9:00pm HS Youth Bible Study (S110) 7:30pm 9:00pm Public Relations Board Meeting (M115)	10:00am 12:00pm Lutheran Haven Bible Study 7:00pm 9:00pm Wed Men's Basketball (S111)	6:15am 7:45am Men's Prayer Breakfast (City Diner) 6:00pm 9:00pm Mock School Night for Elementary (S110/S111/All classrooms) 6:30pm 8:30pm ALL Ladies Bunco (M201)		15 5:00pm 5:50pm Adult Bible Study (S110) 6:00pm 7:00pm Saturday Worship--Gideons Speaking (S100A)
					16 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:45am Worship - Praise (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) More Items...
7:30pm 9:00pm Roby Bible Group (Roby Home)	7:00pm 9:00pm High School Youth Bible Study (s110)	7:00am 8:30am Men's Bible Study-Christ the King (OC) 10:00am 12:00pm Lutheran Haven Bible Study 7:00pm 9:00pm Wed Men's Basketball (S111)	FL-GA District Educators Conference - NO SCHOOL 6:15am 7:45am Men's Prayer Breakfast (City Diner) 9:00am 12:30pm LWML Quilters (M201)		22 5:00pm 5:50pm Adult Bible Study (S110) 6:00pm 7:00pm Saturday Worship (S100A)
					23 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) 12:00pm 3:00pm Vietnamese Worship (S110) 2:00pm 4:00pm Sunday Basketball (S111)
7:00pm 8:30pm PPC Meeting (M201) 7:30pm 9:00pm Roby Bible Group (Roby Home)	7:00pm 9:00pm HS Youth Bible Study (S110)	7:30am 3:00pm Grandparents Day (S110) 10:00am 12:00pm Lutheran Haven Bible Study 7:00pm 9:00pm Wed Men's Basketball (S111)	6:15am 7:45am Men's Prayer Breakfast (City Diner)		29 5:00pm 5:50pm Adult Bible Study (S110) 6:00pm 7:00pm Saturday Worship (S100A)
					30 8:00am 9:15am Worship - Traditional (S100) 9:30am 10:30am Trinity Sunday School (S102, 11:00am 12:15pm Worship - Traditional (S100) 12:00pm 3:00pm Vietnamese Worship (S110) 2:00pm 4:00pm Sunday Basketball (S111)

Those Who Serve for September 2007

Date	Time	Elders	Ushers	Readers	Acolytes	Nursery	Greeters
9/1/07	6:00 p.m.	Dick Eggert	Charles Hammack, Lenore Hammack	Mary Hohman	Olivia Levine, Matthew Spotorno		Tom & Rita Thomas
9/2/07	8:00 a.m.	G. Schumacher	Clayton McCoy, Dave Wilson, Rodney Brown, Don Liesch, Bud Yeager	Chris Lerner	Evan Zook, Emma Kate Tesch		Rodney & Traci Brown
	9:30 a.m.	Mike Hoffman	Lance Bell, Chuck Butterfield, Thea Butterfield, Jeff Alexander	Diane Dobson	Sarah Seward, Thomas Foschini	Christina Becker	Shelly & Shyanne Alvarado
	11:00 a.m.	Don Merrick	Mike Trapp, Brendan O'Brien, Greg Ackerman, Darryl Kennedy	Frank Knoblauch	Peter Hinton, Kevin Hinton	Kerri Barnes	Tony & Carmen Ramiz
9/8/07	6:00 p.m.	Lo Phillips	Thomas Finger, Terri Finger, Dick Eggert	Nancy Stentz	Cassy Crowell, Stephanie Hohman		Ed & Darlene Sabin
9/9/07	8:00 a.m.	Vern Retzlaff	Glen Schumacher, Gary Schumacher, Jody Bowman, Carl Schroeder, Jim Jones, Dave Schernikau	Helen Lerner	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	Leah Weber	Ken & Karen Anderson
	11:00 a.m.	Gregg Yawman	Cookie Abney, David Abney, Tony Ramiz, Martin Ramiz	Ted Lange	Parker Lange, Vanessa Lange	Maria Boogher	Javier & Jennifer Rossy
9/15/07	6:00 p.m.	Dick Eggert	Mike Schneider, Lori Stanley	Ed Schmidt	Olivia Levine, Matthew Spotorno		Tom & Rita Thomas
9/16/07	8:00 a.m.	Dave Shernikau	David Wilkosz, Eric Oelschlager, Vern Retzlaff, Felix Hamilton, Marcus Hamilton	Traci Brown	Mikaela Hyder, Emma Kate Tesch		Gail Wilkosz & Clay Bourgeois
	9:30 a.m.	Mike Hoffman	Bert Foschini, Shane Simonson, Wynona Boast	Linda Wolfe	Sarah Seward, Thomas Foschini	Lynn Hogan	Bruce & Bonnie Hahn
	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	Kimberly Collier	Don & Carolyn Merrick
9/22/07	6:00 p.m.	Chuck Ogg	Paul Schmidt, Ed Schmidt	Sandy Ogg	Cassy Crowell, Sarah Fabry		Ed & Darlene Sabin
9/23/07	8:00 a.m.	Darryl Gavin	Lo Phillips, Joyce Phillips, Wendy Churchville, Tommie Smothers, Craig Neubauer, Gary Oakley	Vern Retzlaff	Lea Wilson, Joanie Gavin		Kathy & Jessie Schumacher
	9:30 a.m.	Lance Bell	Brent Killinger, Peter Killinger	Kent Wolfe	Tyler Killinger, Spencer Cotton	Tonya Ackerman	Lisa Harris, Karen Seward
	11:00 a.m.	Gregg Yawman	David Fritz, Bob Short, Linda Short, Richard Berkley, Betty Berkley	Ron Cole	Merika Emery, Ethan Emery	Martha Phantz	John & Carolyn Strandquest
9/29/07	6:00 p.m.	Lo Phillips	Thomas Finger, Terri Finger, Dick Eggert	Clay Brice	Cassy Crowell, Stephanie Hohman		Ed & Darlene Sabin
9/30/07	8:00 a.m.	Vern Retzlaff	Glen Schumacher, Gary Schumacher, Jody Bowman, Carl Schroeder, Jim Jones, Dave Schernikau	Kelly Schumacher	Hallie Krzyzak, Jessie Schumacher		Angie Friedel
	9:30 a.m.	Lance Bell	Kent Wolfe, Linda Wolfe, Shane Kunze, Michael Kunze, Chantal Jost	Linda Wolters	Richard Ebert, Nathan Bond	Peggy Schroeder	Ken & Karen Anderson
	11:00 a.m.	Gregg Yawman	Cookie Abney, David Abney, Tony Ramiz, Martin Ramiz	Gretchen Knoblauch	Parker Lange, Vanessa Lange	David & Kathy Simmons	Greg & Dardie Yawman

Altar Guild for September: Julie Jorgeson, Jan Eggert, Rosaida Bruno, Becky Schernikau, Peggy Schroeder, Linda Wolters

“GET ON FIRE FOR JESUS”



“GET ON FIRE FOR JESUS” – is our Sunday School theme for our new Fall 2007 season. 9:30 – 10:30 a.m. every Sunday! We want YOU, and we want your CHILDREN to learn and grow and be s-t-r-e-t-c-h-e-d in the wonderful truths of our Lord Jesus.

Sunday School
MAKES A DIFFERENCE

If you are new at Trinity, and your child has not attended Sunday School, we WELCOME you to join us. Teachers will have Registration forms for you.

We use Augsburg Firelight II Rotation materials. Each Sunday children have a different special feature related to the Bible lesson.

Pre/K, K - Jenn Blackwood Kdg. day school room (2 story building)

Grade 1 - Kelley Schumacher - Grade 1 day school room (loggia)

Grade 2 - Cindy Barfield - Grade 3 day school room (loggia)

Grade 3 - Clay Bourgeois - Grade 2 day school room (loggia)

Grade 4-5 - Darren Konczal - Library (2 story building)

Story Teller -

Crafts - Lauren Moffi

Food -

Science - Dianne Wiley

Middle School - Marietta hinton - 4th grade room (2 story building)

High School - Gregg Yawman - Computer Room

Sunday School Director - Gladys Dittmer

Deaconess - Liz Borth

Adult Class - Topic - "If God Loves Us, Why is our Life So Hard?" (a study of Hebrews), led by Omar Dittmer. Let's fill up the Fellowship Hall with adults eager to get into this intriguing topic. 9:30 to 10:30 every Sunday morning.

Faithful Students

We are thankful for the faithful stewardship of our school students. Our chapel offerings for the year were as follows:

Betsy Johnson Scholarship Fund

\$1,444.26

Haiti Lunch Program

\$408.88

Christian Service Center

\$542.99

Pastor's Discretionary Fund

\$261.00

Lutheran Haven Nursing Home

\$495.34

Hearts for Jesus

\$605.36

Red Cross/Central Fla. Tornado Relief

\$209.43

Anna Moore

\$850.46

Total \$4817.72

In addition to the offerings each class purchased Christmas gifts to needy children under the supervision of the Children's Home Society. The fabulous Penny War during National Lutheran School Week earned an unbelievable sum of over \$2,000 was raised for Lutheran Disaster Relief. Our students

Faithful Students, continued from page 10

strongly demonstrated their concern for others in our community and throughout the world.

Getting Ready for School

Trinity teachers reported to work on Monday August 6 and had a preplanning period of two weeks to prepare for the new school year. Training sessions for the use of the classroom wireless responder was held as well as a session on the new writing textbooks purchased for Grades 5-8. An update on computer related information was given by Deb Blackwood. Teachers held home visits and preschool conferences with parents and students at school.

Our school was approved for Voluntary Pre Kindergarten. The State of Florida is funding three hours of instructional time for pre kindergarten. This program has enabled us to reduce the tuition about 48% for pre kindergarten..

Dates to mark on the calendar:

August 27-September-Sally Foster

Fundraiser

September 6 - Mock School Night –Middle School

September 13 - Mock School Night – Elementary

September 26 - GRANDPARENTS DAY

You don't have to be a parent to come to Mock School Nights; the teachers will be sharing our curriculum and demonstrating various teaching methods and strategies. This will give you an opportunity to learn more about your school.

Our annual Sally Foster sale features wrapping paper, candy, and gift items. We thank you for your support in the past and ask you again you to help the PTL raise funds used to enrich our school program.

Grandparent's Day will begin with a breakfast in Fellowship Hall beginning at 7:30 a.m. followed by chapel. After chapel, grandparents are invited to visit our classrooms. This is always a special day at Trinity.

Dr. Mary Manz Simon will Speak at Trinity

You are invited to hear "one of America's Top Parenting Pros"

Dr. Mary Manz Simon

Sunday, September 23, 2007 at 2p.m.

Downtown Trinity Lutheran Church & School
123 E. Livingston Street
Orlando, Florida

Topic: Trend Savvy Parenting
"Effective parents know where they are going."

- more than two million books sold
- "Front Porch Parenting" radio host
- thousands reached at conventions and workshops
- magazine articles touching thousands more

Door prizes, book signing and reception following in the school.

Start the school year with "expert advice from a friendly shoulder."

Grandparents & caregivers encouraged also.

TICKETS*: suggested \$5 donation
407 422-5704 or 407 843-4896

**Get one extra for free.*

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 August we prayed for:

Prayers for Health Concerns

Gretche Arias	Kathy Levey
Karen Arnett	Charles Levey
Mary Bell	Sydna Lowndes
Emily Berry	Don Mack
Warner Blackwood	Patricia McCall
Lois Blair	Sylvia McKnight
Krista Blakesley	Joyce Melear
Derek Bruno	Grady Melear
Dr. Robert Cade	Betty Moss
Jean Camichos	Emma Neal
Allison Carey	Larry Perry
Brian Clemens	Sam Posey
Kathy Codd	Martin Ramiz
Tina Collyer	Dewey Ramsby
Scott Davis	David Retzlaff
Eddie Dello Russo	Irene Reynolds
Luella Demlow	Beverly Rieck
Marie Eggert	Robin Roby
Joy Fortunato	Randy Schlak
Andrew Foust	Clem Schwanke
Charles Foust	Wyatt Sexton
Donna Gardner	Jane Shaffer
Karl Gebert	George Shaw
Brittany Goschey	Helen Siems
Terry Goshey	Carolyn Strandquest
Trace Grant	Bob Stuendel
Rowland Heaton	Prochnow twins
Jennifer Hohenstern	Rita Ulicny
Esther Hueman	Isabelle van Sliedrecht
Tony Hughes	Mackenzie Warren
Betty Johnson	Lewis Wilson
Kevin Kane	Jackie
Janet Keller	
Ire Kensler	
Pam Koenig	
Naomi Lasater	
Claire Lee	

Peace and comfort for those who mourn

- For Chuck and Thea Thompson. Paul was killed in an auto accident in Jacksonville, FL. on Tuesday July 17, 2007.
- Please remember Jim Krach, pastor at Guardian in Jacksonville, whose 46 year old brother Gary was struck and killed by a truck while riding his bicycle near Cleveland, OH. Gary is survived by his wife and two boys, aged 10 and 13. Pray for the Lord's co
- For the family and friends of Charles Hoffman, Mike Hoffman's father, who was called home August 1, 2007.
- For the family of Joshua Gruca, 21 years old, who passed away Thursday in a tragic automobile accident. He is survived by his father, mother, 1 sister, and 2 brothers.
- For Chuck and Thea Butterfield as they experienced the loss of a dear family friend, Mike Wells. Peace and comfort for Pat and Christy, siblings of the deceased.
- For the Frank Cawthon family. Mary Cawthon claimed her eternal life with Christ when she passed away on July 9th For DiAnn and David Starr and their extended family. They have suffered a great loss in the tragic deaths of their niece, Paula O'Conner, and her 15-month-old son, Alijah, on July 10th. Please pray for Paula's parents, William and Vicky Dillon.
- For Kevin Kane and family who mourn the loss of his grandmother, Rose Klinkel, who passed away July 17, in Pennsylvania.
- For Dr. & Mrs. Chester and Jean Thompson, and Tom Thompson who mourn the loss of their son and brother, Paul L.

(Prayers continued on Page 14)

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 September. 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.**

Sep 1	Hammerstrom, Kent	Birthday	Sep 8	Zastawney, Michael	Birthday
Sep 1	Jones, James	Birthday	Sep 9	Acheson, Penny	Birthday
Sep 1	Ponik, Kevin & B. Renee'	Anniversary	Sep 9	Muto, Elena	Birthday
Sep 1	Roby, Bonnie	Birthday	Sep 9	Regan, Wade & Eileen	Anniversary
Sep 1	Wilder, Jahna	Birthday	Sep 9	Rossy, J. Javier	Birthday
Sep 2	Borth, Elizabeth	Birthday	Sep 10	Anderson, Ken & Karen	Anniversary
Sep 2	Brown, Taylor	Birthday	Sep 10	Johnson, Patricia	Birthday
Sep 2	Collier, John & Julie	Anniversary	Sep 10	Keene, Alexander	Birthday
Sep 2	Hofmann, Michael	Birthday	Sep 10	Price, Marian	Birthday
Sep 3	Bowman, Douglas	Birthday	Sep 10	Smith, Kelli	Birthday
Sep 3	Christiansen, Arnold & Jo	Anniversary	Sep 10	Thron, Susan	Birthday
Sep 3	Harris, Jennifer & Brandon	Anniversary	Sep 10	Trapp, Robert E. & Jo	Anniversary
Sep 3	Logan, Carol	Birthday	Sep 11	Cape, Liam	Birthday
Sep 3	Olsen, Bjarne	Birthday	Sep 11	Kirkland, Ronald	Birthday
Sep 4	Berkley, Leanna	Birthday	Sep 11	Levinson, Roberta	Birthday
Sep 4	Cotton, Thomas	Birthday	Sep 12	Webre, Shelley	Birthday
Sep 4	Ellis, Kaleigh	Birthday	Sep 13	Fleming, Philip & Bethany	Anniversary
Sep 4	Hey, Robert	Birthday	Sep 13	Sievers, Mark & Susan	Anniversary
Sep 4	Shultz, Rennie	Birthday	Sep 14	Alexander, JJ	
Sep 4	Terbeche-Rojas, Gigi	Birthday		& Cathy Heaton-Alexander	Anniversary
Sep 4	Wilde, Alicia	Birthday	Sep 14	Finnell, Zachary	Birthday
Sep 5	Graft, Timothy & Amy	Anniversary	Sep 14	Smalley, Paul	Birthday
Sep 5	Hammerstrom, Cindy	Birthday	Sep 15	Hocctor, Michael	Birthday
Sep 5	Kunze, Shane	Birthday	Sep 15	Koepke, Nancy	Birthday
Sep 5	Peters, Gordon	Birthday	Sep 15	Shultz, Olivia	Birthday
Sep 5	Smith, Michael	Birthday	Sep 15	Smalley, Paul & Marcy	Anniversary
Sep 5	Stephens, Oakus	Birthday	Sep 16	Cohen, Elizabeth	Birthday
Sep 5	Tesch, David	Birthday	Sep 16	Hoevenaar, Melissa	
Sep 5	Wilde, Glenn	Birthday		& Bo Hoevenaar Jr.	Anniversary
Sep 6	Bowman, Ashley	Birthday	Sep 16	Parker, Jules	Birthday
Sep 6	Rawlings, Ed	Birthday	Sep 16	Petro, Douglas & Dyana	Anniversary
Sep 6	Schumacher, Glen & Beth	Anniversary	Sep 16	Savallisch, Johnathan	Birthday
Sep 6	Walker, Sandra	Birthday	Sep 17	Evanchyk, Marylou	Birthday
Sep 6	Zoller, John	Birthday	Sep 17	Gregorek, Frank	Birthday
Sep 7	Beasom, Jessica	Birthday	Sep 17	Zepeda, Sarah	Birthday
Sep 7	van Sliedrecht, Rebecca	Birthday	Sep 18	Curnutt, Corey	Birthday
Sep 7	Walker, Krystal	Birthday	Sep 18	Feliciano, Cristina	Birthday
Sep 8	Abney, Cookie	Birthday	Sep 18	Koivu, Daniel	Birthday
Sep 8	Alvarado, Shane	Birthday	Sep 18	Mooney, Mila & Michael	Anniversary
Sep 8	Deutsch, Aaron	Birthday	Sep 18	Stephens, Dorothy	Birthday
Sep 8	Hicks, Cameron	Birthday	Sep 19	Hammack, Charles	Birthday
Sep 8	Strain, Gordon & Teresa	Anniversary	Sep 19	Hearn-Hoover, Lyndsey	Birthday
			Sep 19	Jackson, Larry & Elizabeth	Anniversary
			Sep 19	Reinders, Matthew & Linda	Anniversary
			Sep 19	Schroeder, Eleanor	Birthday
			Sep 19	Starr, Joseph	Birthday
			Sep 19	Zastawney, Jana	Birthday
			Sep 20	Burstadt, Rebecca	Birthday
			Sep 20	Hyder, Carol	Birthday

(Continued on Page 15)

Birthdays, continued from page 14

Sep 20	Killinger, Brent & Karen	Anniversary	Sep 25	Kehoe, Priscilla	Birthday
Sep 20	Oakley, Herbert	Birthday	Sep 25	Short, Linda	Birthday
Sep 20	Ponik, Harris	Birthday	Sep 26	Bond, Nathan	Birthday
Sep 20	Starr, Di Ann	Birthday	Sep 26	Boston, Alex	Birthday
Sep 21	Glover, Marchetta	Birthday	Sep 26	Bowlin, Allan	Birthday
Sep 21	Haney, Collin	Birthday	Sep 26	D'Angelillo, Mitchell	
Sep 21	Schellhammer, Audrey	Birthday		& Catherine	Anniversary
Sep 21	Tesch, Emma Kate	Birthday	Sep 26	Goodman, Theresa	Birthday
Sep 22	Konczal, Kelley	Birthday	Sep 26	Jorgensen, Jennifer	Birthday
Sep 22	Reinders, Matthew	Birthday	Sep 26	McCall, William & Patricia	Anniversary
Sep 22	Schmidt, Edward	Birthday	Sep 26	Middleton, Bev & Larry	Anniversary
Sep 22	Smith, Barbara	Birthday	Sep 26	Starr, David & Di Ann	Anniversary
Sep 23	Beasom, Jeffery C.	Birthday	Sep 27	Arnett, Karen	Birthday
Sep 23	Bowman, Linda	Birthday	Sep 27	Ego, Shannon	Birthday
Sep 23	Davidson, Sean	Birthday	Sep 27	Zastawney, Jeffrey	Birthday
Sep 23	Jones, Jamie	Birthday	Sep 28	Brice, David	Birthday
Sep 23	Reid, Katrina	Birthday	Sep 28	Deutsch, Adam	Birthday
Sep 23	Sutrich, Nicholas	Birthday	Sep 28	Moffi, Lauren	Birthday
Sep 23	Webster, Lee & Sylvia	Anniversary	Sep 28	Neff, Elizabeth	Birthday
Sep 24	Acheson, Virginia	Birthday	Sep 28	Phillips, Lorenzo	Birthday
Sep 24	Bridges, Bradley	Birthday	Sep 28	Trapp, Michael & Jo A.	Anniversary
Sep 24	Connery, Aramente'	Birthday	Sep 28	Wolfe, Elisa	Birthday
Sep 24	Hammerstrom, Aaron	Birthday	Sep 29	Castro, Darby	Birthday
Sep 24	Puch, Judith	Birthday	Sep 29	Collier, Kimberly	Birthday
Sep 25	Deutsch, Adam & Amy	Anniversary	Sep 29	Ford, Tracy	Birthday
Sep 25	Fritz, David & Karen	Anniversary	Sep 30	Haney, David & Michelle	Anniversary
Sep 25	Glover, Jaila	Birthday	Sep 30	Harris, Lisa & Gary	Anniversary
Sep 25	Hays, Jeff	Birthday	Sep 30	Wilde, Madiera	Birthday

Prayer List, continued from page 12

Other Needs

- Those laid off from Dynetech Corporation.
- Kevin Kane is traveling this week up North. Please keep him in your prayers.
- Richard Ebert and Edna Butterfield - safety on their flights to separate destinations.
- Operation Kid-to-Kid, a ministry taking the light of Jesus to the lives of orphans in Africa.
- Please pray for my son Bradley Sweatt as he travels to England and France from July 12 - July 25th.

- We pray for the Convention of the LCMS being held in Houston July 14-19.
- Natasha, Patrick, and Bryce Edwards
- Mitch and Frances to experience God's peace.

Prayers of Thanksgiving

- Prayer of Thanksgiving for the birth of Nathalie Grace Reeves on June 16th, 2007.
- Congratulations to the proud parents, Valerie & Stockton Reeves.
- We thank God for answered prayer and rejoice with the family of

- Mackenzie Warren, the granddaughter of Gordan and Teresa Strain, as she is growing stronger every day!
- We celebrate Bud and Judy Puch's 44th Wedding Anniversary on July 25th!
- We rejoice with Sylvia McKnight in the successful operation of a brain tumor!
- We celebrate the marriage of Pr Reinhardt and Susan Ziegler!
- Join us in giving thanks for successful surgery and tests for Marie Eggert!

Serving Our Country

- Matt Ashburn
- Lauren B
- Brian Boisselle
- Joe Branneky

- James Bond
- Ronald Cohen
- Will Cravens
- Andrew Darling
- Matthew Finton
- Philip Grant
- Paul Goethals
- Rev. Jeremy Gorline
- Adam Inbody
- Robert J. Kasper
- Sam Lazarus
- Dave Lucas
- Richard Mast
- Chris Michaud
- Christopher O'Dell
- Cpr. Royston
- Josh Shelly
- Jesse Steele
- Lauren Stives
- John Ward
- Marcus Ward
- Adam Wilcox

Stephen Ministry



CHRIST caring for people through people !

A STEPHEN MINISTER is:

- A trained lay volunteer
- A good listener
- Trained in confidentiality
- Supervised for quality care
- Ready to offer God's love through a Christian caring relationship on a one-to-one basis

"Carry each other's burdens, and in this way you fulfill the law of Christ."
Gal. 6:2

Trinity's Stephen Ministry began in 2000 with two people attending a 7 day Leadership Training Conference here in Orlando. A Bible class on the book Christian Caregiving: A Way of Life was held. Following that - four classes of 22 Trinity members have trained and served a two year commitment to care. Trinity has a need for more Care-givers – to that end we would like to begin another class –

possibly January 2008. If God has given you the gift of compassion, a love to help those who are hurting, a desire to learn how best to witness to a hurting soul – then perhaps He is encouraging you to commit to this ministry .

Recently the present class of Stephen Ministers was asked: "In what ways has Stephen Ministry helped me be a better witness to others?"

Leo Nagy replied: "Stephen Ministry has helped me to really hear what others were saying or asking when it came to a need or problem they were encountering in their life. We could then focus on the real need and apply specific Bible passages to the situation, and, specifically ask the Lord in prayer for His help. Stephen Ministers are care-givers, God is the Cure-giver."

If you would like to know more about serving in this ministry –

- watch the Triune and future newsletters for Information Sessions
- contact L. Borth at 407-422-5704 or K Retzlaff at 407-469-9062

PS – Care Notes are back – check out the new titles –in the narthex.

New Member Classes

Have you been thinking about officially joining Trinity? Here's your chance! Beginning Tuesday, September 4 (that's the day after Labor Day) Pastor Moore will be teaching our Adult Information Class (AIC) for everyone who is interested in finding out what Trinity teaches and believes. We will meet in the upstairs conference room of the Ministry Center, located around the corner from the church at 427 North Magnolia. Just drive west past the sanctuary and school, turn right at the

Travelodge, and turn into the driveway of the brown brick building that says Trinity Evangelical Lutheran Church and School. Park in the lot and come to the front door. Classes will be held Tuesdays from 7:00 until 9:15. There will be ten sessions, and at the end of class those who wish will be welcomed into membership on Sunday, November 18th. See you there!

Seeding Health and Hope

A Monthly Health Ministry Resource
For Congregations
Vol. 10, no. 9 September 2007



What's That Meal That Comes After Last Night's Dinner but Before Today's Lunch? Oh Yeah – Breakfast!

As children pack up their backpacks and head off to school, it's important to remember to send them out the door with a healthy breakfast under their belts. While you're at it, you had better eat up too! Take a look at the following information the Mayo Clinic offers about eating a healthy breakfast.

Studies show that breakfast-eaters are more likely to:

- Consume more vitamins and minerals while taking in less fat and cholesterol on a daily basis.
- Have lower cholesterol, reducing their risk of heart disease.
- Concentrate better and experience increased productivity throughout the morning.
- Control their weight because breakfast may reduce hunger later in the day or may help them choose lighter foods at later meals.
- Have higher energy levels which may help them to engage in more physical activity than those who don't eat breakfast.

Make sure breakfast consists of items from at least three of the following four food groups: fruits and vegetables, grains, dairy and protein.

A healthy breakfast is good for both mind and body so, whether young or not-so young, have breakfast each morning to start the day out right!

Adapted from "Breakfast: Why is it so important?" MayoClinic.com. Available at <http://www.mayoclinic.com/health/food-and-nutrition/AN01119> ; Internet; Accessed 08/14/2007.

ST. LUKE'S CONCERT SERIES 2007-08 Season



EIGHT wonderful concerts (plus *triple* performances of the popular Holiday Concert) are offered **FREE** for the entire community. Featuring the finest area orchestras, bands and choral groups, the Concert Series is a gift of St. Luke's Lutheran Church, 2021 West SR #426 (Aloma) Oviedo, FL.
Info: 407/365-3408 ~ Web: www.stlukes-oviedo.org (click on Concert Series logo)

Concert #1:
September 15, 2007
Saturday ~ 7PM

Brass Band of Central Florida

Bring your passport! You won't want to miss this *international* musical journey as the wildly-popular BBCF, under the direction of Michael Garasi, kicks off our new season!



Concert #2:
October 6, 2007 Saturday ~ 7PM

Orlando Philharmonic Orchestra



Maestro Chris Wilkins leads us on "The Mozart Family Grand Tour" with fascinating insights into the life of Amadeus.
Piano: Laurent Boukobza



Concert #3:
Nov. 17, 2007 Saturday ~7PM
UCF Symphony Orchestra

'East meets West' in an intriguing program featuring a Chinese guest conductor and soprano and famous *Butterfly Lovers' Concerto* (Violin: Ayako Yonetani), as well as the works of Western composers.

Concert #4:
Friday, Nov. 30 ~7PM and
Saturday, Dec 1 ~ 2PM OR 7PM
HOLIDAY CONCERT

Orlando Concert Band



Concert #5:
January 19, 2008
Saturday ~7PM

Director Rick Greenwood presents 'A Celebration of Song and Dance.'



3 Performances!!



Brass Band of Central Florida
NEW: Two evening performances *plus* a matinee! BBCF's annual *Holiday Concert* has become the hallmark event to celebrate the *spirit of the season!*

Concert #6:
February 9, 2008
Saturday ~ 7pm



UCF Symphony Orchestra
Hungarian-born maestro, Laszlo Marosi, will be in his element presenting the "Music of the Great Hungarian Composers" featuring works of Bartok, Kodaly, Lendvay and Liszt.

Concert #7:
March 9, 2008
Sunday ~3PM

13th Annual Sacred Music Concert
LCC Choir and Chamber Orchestra
Directed by James Coe



Lutheran Cantata Choir

Concert #8:
April 12, 2008
Saturday ~7PM

Orlando Philharmonic Orchestra



Petite Sweets: a collection of chamber music 'bon bons' by composers best remembered for larger works: Dvorak, Wagner, Grieg and Gounod.
Andy Lane, Conductor.

ST. LUKE'S CONCERT SERIES 2007-08



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

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Orlando, Florida

Administrative Office:
427 N. Magnolia Ave.
Orlando, FL 32801-1598
tlc@trinitydowntown.org

School Office:
123 E. Livingston St.
Orlando, FL 32801-1598
tls@trinitydowntown.org

Phone: (407) 422-5704
School: (407) 843-4896
Fax: (407) 423-2085

www.trinitydowntown.org

Pastor Jeff Moore
407-418-9601
JMoore@trinitydowntown.org

Pastor Dennis Glander
Cell 321-299-2427
DGlander@trinitydowntown.org

*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!*

TABLE OF CONTENTS

Pastor's Page	1
Promises to those Who Persevere in the Faith	2
Trinity Nominations Slate	4
A Note from Your Music Director	6
A Servants Heart	6
Macau	7
LWML; Altar Flowers	9
Get on Fire for Jesus; Faithful Students	10
Dr. Mary Manz Simon will Speak at Trinity	11
Prayer List	12
Anniversaries And Birthdays	13-14
Stephen Ministry; New Member Classes	15
Seeding Health and Hope	16
St. Luke's Concert Series	17
Calendar/Those Who Serve August	Insert