

Trinity Lutheran Church



Upcoming Events:

- August 2-6: Music Camp
- August 2: Comfort Stitchers
- August 6: Rocky Boy Team Returns
- August 8: Musical at 8:45 and 10:30
- August 25: Young Adults Dinner
- August 29: Mission Sunday
- August 29: Backpack Blessings
- August 29: Youth Leader and Sunday School Teacher Training

Inside this issue:

Young Adults Schedule	2
Fall Schedules for BOLD	3
Haiti Mission Team Report	4
August Calendar	5
Faith Homes of Donegal	6
Volleyball Needs Members	7
Hands and Feet of Jesus	8
Football Safety Tips	9

Pastor Katie's Message

Welcome back Pastor Mike! I realize this article may be a little premature, but at the start of August Pastor Mike will return from his sabbatical. While it seems as though Pastor Mike was never too far away from the life and ministry of Trinity, I am extremely happy to know that he is back on a daily basis. It feels as though his twelve weeks went by incredibly fast and I am pretty sure Pastor Mike would agree.

A sabbatical is important not only for Pastor Mike and his family, but also for this community. The Evangelical Lutheran Church defines a sabbatical as an "opportunity for ministers to take an extended period of time for renewal, enrichment, study, spiritual growth, travel, skill

development, research, and/or experimentation. Upon return, the leader, ideally, should have a renewed sense of commitment to and energy for his or her ministry." (<http://www.elca.org/Growing-In-Faith/Vocation/Rostered-Leadership/Leadership-Support/Sabbatical.aspx>)

Pastor Mike's sabbatical has allowed for him to spend some time refreshing his spirit and also resting. Pastor Mike has spent over fourteen years faithfully serving this congregation and the larger community. By taking a sabbatical we as a community have been able to provide him some time to reflect on his ministry and how he can faithfully follow God's call. We as a community also benefit



from his sabbatical. He will come back to this community refreshed and with a new zeal for our ministry.

I hope all of you will be able to welcome Pastor Mike back into the daily life of this congregation and get ready for some new music!

Mission Sunday and Backpack Blessings –August 29th

It's back-to-school time! I find it hard to believe that summer is almost behind us.

Gather your backpacks, briefcases, purses and sacks and bring them to church on Sunday, August 29th for a "back-to-school blessing!"

During all three church services, Pastors Mike and Katie will invite children and youth to the front for a backpack blessing and gift presentation. We hope you can join us for a special send-off celebration of the new school year!

Also on this Sunday, we will learn about the mission team experiences of the summer.

Pastor Katie will be preaching on the Rocky Boy Mission and how the team worked together to be the hands and feet of Jesus to the Chippewa Cree Tribe.

The Haiti Mission Team will show a multi-media presentation of their experiences in the only 3rd-world country of the Western Hemisphere.



Learn about their experiences of accompaniment and about the wonderful Haitian people who touched their hearts.

~Michelle Shirik



Evangelical Lutheran Church in America
God's work. Our hands.



Trinity's Young Adults in Gettysburg.

Young Adults Fall Schedule

Starting in September our Young Adults group will meet on the first Wednesday of every month for dinner and discussion. We will study Ruth, Samuel, David, and Elijah. We will meet in the Small Group Room located on the 2nd floor of the Educational Wing. Please bring your own dinner. Our first session will be September 1st. If you have any questions, please do not hesitate to contact Pastor Katie.

We are also hosting an End of Summer BBQ on August 25th at 6:00 p.m. We hope all of you can make it before some of you go back to school and others kick off your fall schedules. Please sign-up on Pastor Katie's door if you would like to attend the BBQ. Please feel free to invite friends and new Young Adults in the community.

College Students: We will also need your email and mailing

addresses before you head back to school. We will use these addresses to send you college care packages as well as remain in contact with you during the school year. Please do not leave for school without giving us your address. You can put your address in the back of the sanctuary, on Pastor Katie's door, or by sending Pastor Katie an email.

*Trinity to serve the
Chippewa Cree
Tribe*

Rocky Boy Mission Departed July 31

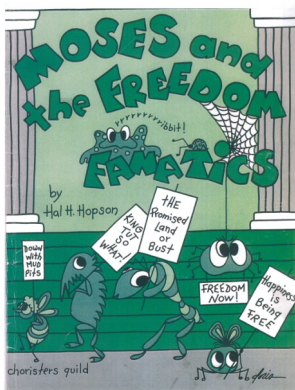
By the time we all receive this newsletter, the Rocky Boy Mission team will be on their way to Montana. The mission team includes: Pastor Katie, Carol Miller, Terri Lee, Jonathan Lee, Jimmy Feather, Faye Rintz, Jim Rintz, Dave Stapler, Linda Stapler, Madolin Heisey, Peggy May, Ben May, and Jay Krieder.

We will be at the Rocky Boy Indian Reservation from July 31 -August 6th. Because of the recent flooding on the reserva-

tion, our mission work will now involve in helping with the clean-up efforts.

Rocky Boy Indian Reservation suffered a severe flood that left several homes under water for at least a week. Bridges and roads were also destroyed in the community because of the floods. The reservation also had to temporarily close their medical facility and had to move all the patients to a local hospital.

Because the reservation had to close their medical facility, they are without immediate care on the reservation. Please keep the mission team and the people we will serve in your thoughts and prayers during the week. We look forward to sharing our experiences with you when we return.



Children's Choir Camp: August 2-6
Performances Sunday, August 8,
8:45 and 10:30 am

Music — It's Time for Music Camp!

It's time for our week-long music camp at Trinity! We will work on the musical, "Moses and the Freedom Fanatics". This is the story of the Children of Israel and their leaving from Egypt to journey to the promised land. The camp will start at 9 a.m. and conclude by 1:30 p.m. each day during the first full week of August.

We will perform the musical at worship Sunday, August 8th at 8:45 and 10:30 am. There will

only be two services that day.

As part of the camp, there will be crafts, costuming, blocking of scenes, scene creation, choreography, snacks and a time of worship each day. There is a small cost of \$20 to cover program materials, craft supplies, some of the snacks (those that are not donated), and the Friday "mystery" meal.

This will be our fourth annual choir camp. It is open to chil-

dren who have sung in Children's choir, friends of the children, and the children of members who are unable to participate in the weekly choir program that takes place on Wednesday evenings during the school year. The ages for the camp run from children who have completed kindergarten through fifth grade.

Contact Mark Herr for more information.

BOLD Returns Beginning on Wednesday September 15th!

Wednesday night fun with friends will be starting again soon! Join us at Trinity for great lessons, fun games, and activities that teach our children and youth how to be Bold for Christ in all they do and say.

Once again this year, we will offer age-specific programming written by our youth ministry team. Preschoolers (age 2 and up) will meet in the first floor Sunday school wing beginning at 6:00 each night. Children can be dropped off anytime after 6:00. The program consists of stories, games, crafts, and music time with Mark Herr and ends at 7:45 pm.

Children in grades Kindergarten through third grade begin in

room 102 off the fellowship hall. Their programming will consist of skits, storytelling, object lessons, games, snacks and journal writing. Their session ends at 7:45 in the fellowship hall.

Tweens, grades 4 and 5, meet in the Old Fellowship Hall. Their program is new this year and written specifically for them! It will include tv/movie clips, exciting games, fun snacks, and interactive storytelling. Their programming ends in the Old Fellowship Hall at 7:45 pm.

Jr. High Youth will begin again this year in the Fellowship Hall for games and fun. After the first 20 minutes, they will head over to the second floor of Trin-

ity Place for discussions about issues they face in life, and how Christ asks us to respond. Jr. High youth end at 8:00 pm.

Sr. High begins and ends on the first floor of Trinity Place and the group will discuss issues they face in their lives, and how the Bible calls us to act. This program ends at 8:00 pm.

Music ministries and Pastor Mike's Book Study continue to meet as in years past.

We'll kick off the year with Trinity Olympics, based this year on "Minute to Win It!" More information on our September 15th event in the next newsletter.

Please join us for Bold at Trinity, and invite a friend to join you!



Trinity Children and Youth:
Bold for Christ in all they do and say.

Wednesday Night Bold Schedule:

6:00 pm—6:45 pm

- Children's Choir
- Youth Praise Band
- PK Children

6:45 pm—7:45 pm

- PK Children
- K-3 Children
- Tweens
- Pastor Mike's Book Study

6:45 pm—8:00 pm

- Jr. High Youth
- Sr. High Youth

8:00 pm—8:30 pm

- Youth Choir
- Adult Praise Band

Sunday School To Begin with Rally Day, September 12th

Sunday School programming for children and youth ages 2 and up will begin on Rally Day, Sunday, September 12th.

The Rally Day program will begin in the Fellowship Hall with snacks, beverages, and opening activities at 9:45 am. After the beginning session, teachers will be introduced and students dismissed by grade level. Children and youth will move to

their classrooms for the remainder of the Sunday school session, while parents can share in fellowship.

Our Sunday School program will be beginning the third year of "Rock Solid." This curriculum is loved by all, and we look forward to another year of working through the Bible with our children.

Youth in grades 7 and 8 will once again focus on confirmation studies. High school youth will be split into two groups again this year. The 9th and 10th grade will be using the Lutheran "FaithLens" study. Eleventh and 12th grade youth will use the same, with a spin on life after High School.

We look forward to seeing you all on September 12th!

Attention Current 6th—8th Grade Youth . . . Time for Alive, Alive

It's not too late to register for Alive, Alive scheduled for September 17-19! This outstanding event at Camp Nawakwa is for youth in grades 6 through 8 from all around our synod.

This year's retreat will challenge youth to be less judgmental of peers, and those with different

ethnic, cultural and religious backgrounds.

The event combines time for faith formation with fun and fellowship. Youth will have an opportunity to hear from speakers and live bands in large group, and talk with peers under the guidance of trained small group leaders in small

groups. Events such as a dance, games, campfires, and other fun activities round out the weekend.

To register for this event, complete a form available at the youth bulletin board at Trinity or at our website. The cost is \$95.00 per youth with an optional t-shirt available for \$12.



Alive, Alive at Nawakwa:
a fun time for all Jr. High!



Fun had by all at VBS!

Thank you to VBS Leaders!

Vacation Bible School is the largest event we do of the summer. It's success is directly attributed to our volunteers!

Over 60 people pulled together to give children and youth at our church and from the community a week of fun, learning, and growing closer to Christ.

This year's theme was Joseph and called "Egypt." Crafts and activities revolved around the early Egyptians and included

hieroglyphics, mummifying chickens, making sarcophagi, weaving baskets, sharing in Egyptian foods, and so much more!

The offering project of the week was making blankets for Haiti. Eighty blankets were assembled and will be shipped by GAIN Warehouse in Mount Joy. What a wonderful gift our children and youth have prepared for those in need!

Thank you to everyone who supported VBS through volunteering hours, donating supplies, sharing their talents, and giving generously of money to assist in the costs of the program.

Our children and youth are blessed to have the support of this congregation!

*Join us in the walk
and log your miles!*

Trinity's Biggest Loser- Join the Walk to Wittenberg

Help us walk to Wittenberg, Germany (4,095 miles) this summer! Every time you walk, roll, or run a mile, please add your name and total miles to the board located in the main hallway, or online at www.trinitymtjoy.org.

We are hoping to reach Wittenberg by Rally Day on September 12th. We really believe that this goal can be achieved.

For every 5 miles walked, run, or rolled the health and Wellness Committee will donate an item to the Mount Joy Food

Bank. So, even if you're not part of the Biggest Loser group, join us in walking to Wittenberg!

This campaign is part of Trinity's Biggest Loser. Our goal is to have people take better care of themselves-not just physically, but also spiritually, intellectually, emotionally, and socially.

These five different components help to create the Wheel of Wholeness and is a focus of the ELCA. The wheel reminds us that being truly healthy and whole is about being in balance

and intentionally nurturing all aspects of health surrounded and supported by spiritual health.

We hope you will join us this summer in not only Walking to Wittenberg, but also learning what it means to be truly healthy.

If you would like to learn more about the "Wholeness Wheel" from the ELCA, please log onto the ELCA website at www.elca.org and search for Wholeness Wheel.



Trinity sent seven missionaries to Haiti this past July.

Haiti Mission Team Report

The team has returned safely! And what an experience of serving and learning did they have in Haiti.

The Trinity team consisted of Joe Rago, Alex Rago, Brian Booth (nephew to Joe), Logan Chappel, Erin Zern, Garret Olson, and Michelle Shirk. They served with a larger group of 28

youth and adults from around the synod. The purpose of the trip was "accompaniment" - to walk beside another in need with Christ in our midst. The way we accomplished our goal was through teaching the summer school program, and doing work around the school grounds.

Trinity should be proud of their representatives in Haiti! Through 110 degree heat, high humidity, large spiders, bugs, and no A/C, this team went above and beyond what was expected!

Join us on August 29th, Mission Sunday, for a full report of our experiences in Haiti.

August 2010

Sunday Worship: Traditional (9:45 am) Contemporary (8:30/11:00 am)

NOTE: *August 8th Services will be at 8:45 and 10:30 am due to the Children's' Performances*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Rocky Boy Mission Departs</p>	<p>2</p> <p>Music Camp 9am, 6pm: Comfort Stitches 9am: Yoga</p>	<p>3</p> <p>Music Camp 9am: Yoga 8:45 pm: Yoga for Moms</p>	<p>4</p> <p>Music Camp</p>	<p>5</p> <p>Music Camp 9 am: Quilting 7 pm: Yoga 7:30 pm: Choir</p>	<p>6</p> <p>R. Boy Returns Music Camp 10 am: Mom's Group Play date</p>	<p>7</p>
<p>8</p> <p>"Moses and the Freedom Fanatics" Services: 8:45 and 10:30</p>	<p>9</p> <p>9am: Yoga</p>	<p>10</p> <p>9am: Yoga 8:45 pm: Yoga for Moms</p>	<p>11</p> <p>6:45 pm: Finance</p>	<p>12</p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Choir</p>	<p>13</p>	<p>14</p>
<p>15</p> <p>Worship 8:30, 9:45, 11am</p>	<p>16</p> <p>9am: Yoga</p>	<p>17</p> <p>9am: Yoga 7 pm: Council 8:45 pm: Yoga for Moms</p>	<p>18</p>	<p>19</p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Choir</p>	<p>20</p>	<p>21</p>
<p>22</p> <p>Worship 8:30, 9:45, 11am</p>	<p>23</p> <p>9am: Yoga</p>	<p>24</p> <p>9am: Yoga 8:45 pm: Yoga for Moms</p>	<p>25</p> <p>6 pm: Young Adults Dinner</p>	<p>26</p> <p>9 am: Quilting 7 pm: Yoga 7:30 pm: Choir</p>	<p>27</p>	<p>28</p>
<p>29</p> <p>Mission Sunday, Backpack Blessings 9:30 am: Leader/ Teacher Training Worship 8:30, 9:45, 11am</p>	<p>30</p> <p>9am: Yoga</p>	<p>31</p> <p>9am: Yoga 8:45 pm: Yoga for Moms</p>	<p>Sunday School Teacher and Youth Leader Training</p> <p>Our Children and Youth Programs are incredible thanks to our wonderful volunteer teacher and leaders! Please plan to join us for an important training session on Sunday, August 29th at 9:30 am in the Fellowship Hall. We'll finish the meeting before 11:00 am. Please see Michelle if you have a conflict.</p> <p>Thank you in advance for all you do for our young members at Trinity.</p>			



Hungry in Our Community Need Our Help!

*Health and
Household Items
Needed*

Comfort Stitchers

Our Comfort Stitchers Small Group provides knitted shawls, fire blankets, baptismal blankets, and also washcloths for our local community.

In addition to providing shawls and blankets for our community the group also makes shawls

for Mount Joy Hospice. Prayer Shawls are given to members in our community who are sick, suffered a loss, in need of healing, or in need of prayers.

If you know someone who could use a shawl, please contact the church office. If you would like

to join the group they meet on the first Monday of every month both in the morning and in the evening. Please contact Bonnie Sorace if you have any questions.

Outreach—Mount Joy Food Bank, Faith Homes of Donegal

In the book of Matthew, Jesus says to the crowd, “for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.”

Currently our society is facing tough economic challenges. While we often think that we do not have people who are in need, the truth is that in our community we are seeing more and more people who use the Food Bank or Mount Joy Help-

ing services.

Here at Trinity we receive one call every day asking if we are able to help a person who is in need. Historically our congregation has been very giving of food, clothes, and other personal needs even during economic crisis.

Currently the church is unable to provide monetary assistance to people who are in need, but we are asking members to donate health items and household cleaning items.

We will use the donated items for Faith Homes of Donegal and

also for people who come in asking for donations.

These items, while they will not be able to pay a light bill, will be able to provide for some of basic needs. These items will allow for someone to use the money on other bills and needs, instead of those essential items.

If you are able to donate any of these items, please drop them off by the back glass doors. There is a bin marked Health/Beauty/Household Items for these donations.

*Join the Camping
Group for Outdoor
Fun!*

Camping Small Group

The Camping Small Group is taking off for another adventure September 10-12.

The Camping Small Group offers periodic camping trips to local parks and camp ground sites.

The group gathers during the weekend for fellowship, meals, and devotions. The weekend also allows for individual personal time and family time.

Often members will go for walks around the park or even to check out the local playgrounds

and swimming holes.

The group welcomes both new and experienced campers. If you are interested in joining the camping group for this adventure, please sign-up in the back of the sanctuary.



Volleyball—great exercise and lots of fun.

Volleyball Teams Looking for New Members

Looking for a new way to meet other members of Trinity? Have a little competitive spirit? Join other members of Trinity who also like to get out there and spike for our church league volleyball.

Our Trinity teams participate in the GEARS fall and spring league seasons. We have two different teams at Trinity, each are equally talented and are always looking for new members.

If you are interested in playing, please contact Dave Christian. The schedule for the games will be published and posted soon on the Trinity website, so please keep an eye out!

Wholy, Wholy, Wholy—Football Injuries

“Classrooms and labs! Loud boiling test tubes! Sing to the Lord, a new song! Athlete and band! Loud Cheering people! Sing to the Lord a new song! He has done marvelous things, I too will praise him with a new song!” Herbert F. Brokering (Lutheran Book of Worship, #558)

This quirky little hymn makes me smile – at first glance it doesn't seem to fit the image of your typical worship hymn, yet it joyfully reminds us that God can be, and is, praised in ordinary life, through ordinary circumstances, in ordinary settings! It also brings to mind, early September, and the ushering in of yet another football season.

In a few short weeks, young men (and an occasional young woman) will don helmets and protective gear, as they begin football practice. It becomes the responsibility of parents, coaches, athletic directors and trainers to see that all safety equipment functions, fits properly, and is worn consistently. Because football is a contact sport, all those involved, need also to be aware of a rising concern regarding traumatic brain injury (TBI).

TBI is an injury to the brain when the head suddenly or violently hits an object, bouncing the fragile brain from one side of the skull to the other. Similar injuries are seen in children who have been violently shaken (Shaken Baby Syndrome) and in troops involved

in combat explosions, or in vehicular accidents. Damage does not necessarily occur at the time of impact, but in the hours and days following the injury, as the injured brain bleeds or swells, and oxygen supply to tissue decreases. Repeat head trauma, particularly during the healing phase, can slow recovery and even lead to permanent damage.

Below are signs for coaches and parents to watch for after an athlete suffers a blow to the head during practice or play. The individual:

- Loses consciousness – even briefly
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions, or seems unsure about score or opponent
- Moves clumsily
- Answers questions slowly
- Undergoes mood, behavior, or personality change, seems agitated
- Has poor recall of events prior to, or after the injury.

Or if the athlete reports:

- Headache or feeling of pressure in the head
- Nausea and vomiting
- Balance problems or dizziness
- Blurred or double vision
- Sensitivity to light or noise

- Feeling sluggish, hazy, foggy or groggy

- Concentration or memory problems

- Confusion

- “Not feeling right” or “feeling down”

(<http://www.cdc.gov/concussion/sports/recognize.html>)

When injury occurs, remove the athlete from play for the remainder of the game, and have him/her evaluated by a healthcare professional experienced in diagnosing and treating concussion. Be sure to report any additional blows to the head that occurred prior to, or after, the injury. The healthcare professional should be responsible for determining when/if it is okay for the athlete to resume playing. Use this time to re-educate fellow athletes regarding safe play techniques, injury and its prevention. Football is truly a team sport – and the team (parents, athletic staff, league and school officials, fellow athletes, and healthcare professionals) bears responsibility for insuring that the game is played safely!

Back to school blessings!

Judi Cosgriff, Parish Nurse



A message of Wholistic Wellness
By Parish Nurse, Judi Cosgriff

It becomes the responsibility of parents, coaches, athletic directors and trainers to see that all safety equipment functions, fits properly, and is worn consistently.



Recognizing Concussion

Trinity Staff

Senior Pastor	Michael J. Martine	pastormike@trinitymountjoy.org	368-2791
Associate Pastor	Katherine Brantner	pastorkatie@trinitymountjoy.org	420-0779
Parish Nurse	Judi Cosgriff, RN	judi@trinitymountjoy.org	653-6722
Director of Music	Mark Herr	mark@trinitymountjoy.org	572-7734
Inside Sextons	Beth and Tom Parker	beth@trinitymountjoy.org	517-8145
Director Youth/Family	Michelle Shirk	michelle@trinitymountjoy.org	426-3783
Office Manager	Kate Thome	kate@trinitymountjoy.org	653-8589
Finance Clerk	Kim Zern	kim@trinitymountjoy.org	653-8004

Congregation Council Members

Scott Noon, President	scott.noon@trinitymountjoy.org	626-2627
Tony Johndro, Vice President	tony.johndro@trinitymountjoy.org	361-9870
Sandy Bricker, Secretary	sandy.bricker@trinitymountjoy.org	560-3412
Wayne Chappel, Treasurer	wayne.chapel@trinitymountjoy.org	393-2322
Alden Bowman	alden.bowman@trinitymountjoy.org	284-3047
Marc Spiridigliozzi	marc.spiridigliozzi@trinitymountjoy.org	653-5590
Tracey Olson	tracey.olson@trinitymountjoy.org	367-2066
Pam Raffensberger	pam.raffensberger@trinitymountjoy.org	898-4678
Toby Garber	toby.garber@trinitymountjoy.org	653-1701
Don Good	don.good@trinitymountjoy.org	

Committee Leaders

Christian Education	Nancy Grundhoffer
Evangelism/Comm.	Scott Noon
Fellowship	Dave Stapler
Finance/Stewardship	Kate Thome
Outreach	Barb Green
Property	(open)
Staff Relations	Andy Green
Stewardship	Kate Thome
Worship and Music	Becky Noon
Youth	Sue Perini

Volunteer Coordinators

Altar Duty	Cathy Hoffmaster	Greeters, 8:30 & 11:00	Rhonda Frieze
Acolytes/Crucifer	Sandy Christian	Lectors, 8:30	Madolin Heisey
Communion Assistants, 9:45	Helen Wallauer	Lectors, 9:45	Donald Miller
Communion Assistants, 8:30	Linda Spiridigliozzi	Nursery	(open)
Communion Bread	Cathy Hoffmaster	Prayer Shawl Ministry	Bonnie Sorace
Greeters, 9:45	Ann Fitzkee		



Non-Profit
Organization
U.S. POSTAGE PAID
MOUNT JOY, PA
PERMIT NO. 36

Trinity Lutheran Church

Return Service Requested

47 West Main Street
Mount Joy, PA 17552
(717) 653-4168

www.trinitymountjoy.org



Evangelical Lutheran Church in America
God's work. Our hands.