

# The Epistle

Trinity Lutheran Church

8 South Midland Boulevard

Nampa, Idaho 83651

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**Website: [nampatrinity.org](http://nampatrinity.org)** and you can also find us on

**facebook**

-Our Mission Statement-

*Trinity Lutheran Church is a place to gather, refresh the faithful, and reach out with word and service to all others through the Holy Gospel*

## September 2022



Dear Friends in Christ,

Trinity has a long tradition of celebrating the Feast of St. Francis of Assisi with a pet blessing. This year we are going to extend our celebration into an entire season: The Season of Creation. The Season of Creation is the annual Christian celebration to listen and respond together to the cry of Creation: the ecumenical family around the world unites to pray and protect our common home. The Season "Celebration" begins on 1 September, the World Day of Prayer for the Care of Creation, and ends on 4 October, the Feast of St. Francis, the patron saint of animals and ecology beloved by many Christian denominations. This year we will unite around the theme, "Listen to the Voice of Creation." The Psalmist declares, "The heavens are telling the glory of God; and the firmament proclaims God's handiwork. Day to day pours forth speech, and night to night declares knowledge...*their voice is not heard*; yet their voice goes out through all the Earth, and their words to the end of the world." (19: 1-4) During the Season of Creation, our common prayer and action can help us listen for the voices of those who are silenced. In prayer we lament the individuals, communities, species, and ecosystems who are lost, and those whose livelihoods are threatened by habitat loss and climate change. In prayer we center the cry of the Earth and the cry of the poor. We will also celebrate God's good creation as we have come to know it and care for it here in Southwest Idaho. We will incorporate the regular lectionary texts into this season and worship will feel much the same. Get ready to sing many of the wonderful hymns about creation in our hymnal resources. As always, get your animals ready for the Pet Blessing on our lawn Wednesday, Oct. 5 at 6:30 PM.

Peace,

Pastor Meggan



**August's** Noisy Offering on Sunday, June 28th is going to *The Shoe That Grows*. In 2007, Kenton Lee had just graduated from Northwest Nazarene University and hoped to learn about places outside of his hometown. So Kenton lived in Ecuador for six months and then in Kenya for six months. While in Kenya, Kenton lived and volunteered at an orphanage about an hour outside of the capital Nairobi. On a hot day, Kenton was walking down a dusty road to church with some of the children. "there's a little girl next to me. As I looked down at her I remember just being shocked at how small her shoes were. They were so small she had to cut open the front to let her toes stick out". This image stuck with Kenton. Were all of the children in the orphanage wearing shoes that didn't fit? He asked the director of the orphanage who told Kenton that they had received a big donation of shoes and clothes the year before, but as kids grow rapidly, the orphanage did not have the funds to continually buy new items. After returning home to the United States Kenton pitched his concept of a "shoe that grows" to several different shoe companies. Even though none of them were interested, Kenton still continued to believe in his vision. His next step was to assemble a small team, and together they began to build many different prototypes. Finally, after 5 years of hard work and experimentation, his idea had become reality. There the idea for *The Shoe That Grows* and *Because International* was born.



The Noisy offering for **September**, on Sunday, September 25th will be for **West Middle School**. Donations will go toward our God's Work, Our Hands project for West Middle School (see related article in this newsletter).

Contact Steve or Renee VanAtter or Joyce Becht with any questions.



The new **servants lists** for the next four months will be created in September. Please let Pr. Meggan or Bob know if there are certain dates you will not be able to serve. Please let us know no later than September 12<sup>th</sup>.



**Monday Morning Study- 10:00 a.m.**  
Bible Study on Luke's Gospel.

OFFICERS/COMMITTEE LIAISONS- 2022



**President**

Jerry Armbrust (22)

**Vice-President**

Carl Radke (23) (22 as VP)

**Secretary**

Penelope Smith (22)

**Treasurer and Accounts Payable Coordinator**

Karissa Armbrust (renewable)

**Financial Secretary**

Kristina Radke (renewable)

**Council Team Assignments**

Christian Education/Youth: Amanda Hanson (22)

Church in Community: Mwajuma Dusabe (22)

Communication: Dean Metzger (24)

Gospel and Growth: Penelope Smith (22),  
Edith Hannett (24)

Hospitality: Sandy Blom (23)

Property: Jerry Armbrust (23)

Stewardship: David Sheriff (24)

Trinity New Hope: Carl Radke (23)

Worship & Music: David Sheriff (24)

**Congregational Committee Assignments**

Audit: Tammy Torrey (24) Tami Robinson (23),  
Emily Bentley (22)

Endowment: Larry Mills (24), Lisa Harker (22),  
Edith Hannett (23)

Memorial: Craig Olsen (23), Andrew Hanson (22),  
Lloyd Kellar (24)

Nominating: Mary Braudrick, Amanda Hanson,  
Penelope Smith, Sarah Henthorn

Mutual Ministry: Carl Radke, Sharon Jones,  
Tammy Torrey, Steve Ward

Synod Assembly Voting Members: N/A

Luther Heights Representatives: Janet Metzger &  
Cathy Winwood



**Women's Luncheon**

The **August** Women's Luncheon will be 11:30 a.m. Tuesday, August 30<sup>th</sup> at *Café de Coco*. Contact Sharon Jones to RSVP.

The **September** Women's Luncheon will be 11:30 a.m. Tuesday, September 27<sup>th</sup> at *Panera Bread*. Contact Sandy Cosgrove to RSVP.

**Youth Calendar**

Aug. 28 2-3 p.m. Confirmation Kickoff  
@ Hope Lutheran

Sept. 11 Sunday School Kick-off

Sept. 23-24 Confirmation Retreat at Luther Heights

Oct. 9 Confirmation at Hope 1:30-3:30

Nov. 13 Confirmation at Hope 1:30-3:30

Dec. 11 Confirmation at Hope 1:30-3:30

Jan. 7 Mini-Confirmation Retreat at Immanuel 10-4PM

**8th-12th Grade Youth**

Oct. 16 Lunch and Bible Study noon at pastor's

Dec. 4 Lunch and Bible Study noon at pastor's



**Literacy Time/**

**School Partnership**



Trinity Lutheran's partnership with area schools has had various fun and life-giving iterations over the years, including shoe boxes full of hygiene products, Math/Homework Club, and West Middle School youth volunteering with Trinity Community Gardens. This fall, in partnership with West's 21<sup>st</sup> Century Club, we will be hosting a Literacy Time weekly beginning the first week of October (Wednesdays from 2-3PM). If you would like to provide snacks, be an occasional adult leader, or support this partnership in any way, please contact Pastor Meggan. Depending on the future of the school's Family Community Resource Center, there may be other upcoming projects around early childhood literacy as well.



Sep 9-11 *Grief + Reflection Retreat* with Barb Harrison Condon

Sep 16-18 *Mindfulness in the Mountains Retreat*

Sep 16-18 *Men's Retreat*

Sep 23-25 *Confirmation Camp and Serve & Play Weekend*

Sep 25-27 *Faith Leaders Retreat*

Sep 30-Oct 2 *Closing Service Weekend*

**70<sup>th</sup> Anniversary Events**

Aug 5-7 Celebration Retreat at Camp

Aug 6 At Camp: Day Celebration

Oct 9 East Side: Good Shepherd, Pocatello

<https://lutherheights.org/>

Phone- 208-886-7657



Statistical Comparison For August

Date	Attendance	Offering
8/1/21	34	\$ 3,362.49
7/31/22	45	2,554.68
8/8/21	25	1,260.42
8/7/22	36	2,405.00
8/15/21	37	4,355.00
8/14/22	36	2,480.01
8/22/21	38	1,347.00
8/21/22	41	3,375.65
8/29/21	37	2,522.49
8/28/22	(not available at time of printing)	
July Automatic Giving:		\$ 2,034.23



The **Flower sign-up chart** for 2022 is now on the bulletin board in the long hallway. Sign-up before it's too late.



The **sign-up sheets** for Church Cleaning (east end of the Fellowship Hall) and Fellowship Time (in the narthex) for 2022 are posted. The flower chart for 2022 is also on the bulletin board on the long hallway.



Congregation Council  
Meeting for July  
Team Reports for 8/16/22

**PASTOR'S REPORT:** Pr. Meggan Manlove  
Youth: Feels like the summer was full of youth--  
Learning Peace: A Camp for Kids, week at Luther Heights Bible Camp, trip to Mpls/St. Paul. Thanks to everyone who supports our young people in different ways. We are excited to have Sunday School and Confirmation Co-op both starting up in September.

Cluster: Faith Lutheran is in final stages of calling a pastor. More Cluster high school youth events are being planned for the school year. The Luther Heights staff could be starting up a Dinner Church for young adults in October.

ELCA: ELCA Triennial Churchwide Assembly met in Columbus, OH in August. Go to [elca.org](http://elca.org) to see highlights from the assembly. Ask Trinity member Juvu Masumbuko about his experience as a synod voting member.

**GOSPEL AND GROWTH:** Penelope Smith reviewed the Church CampOut and made plans for the 2022 Advent Daily Devotional booklet and Monday MidWinter Movies. We started work on setting a calendar that emphasizes a different faith practice each month, starting in September with "care for creation" and keeping the Sabbath.

**STEWARDSHIP:** Penelope Smith celebrated some of the amazing stories shared in July, and looked ahead to more stories in August. The August focus is Stewardship of Our Generosity. The team's energy is being directed toward preparation for the fall financial campaign, which will take on a new look this year.



**Trinity Inquiry Class**

Come learn about Lutheranism and the community of Trinity Lutheran Church following worship Sept. 11 and 18 and Oct. 2 and 9. Active membership at Trinity,

according to our constitution, simply means communing once a year and making one monetary donation a year. We hope members also find ways their gifts and passions can move the mission of the congregation. Please let Pastor Meggan know you will be attending or just show up Sept. 11.



**God's Work.  
Our Hands. Day.**

This year we are partnering with College of Western Idaho students to do something with/for our neighbors at West Middle School. Instead of Sunday after worship, we are shifting to the evening of WEDNESDAY, SEPT. 14 at 6:00 p.m. We will be tree planting, general landscaping, and painting window trim.



**Listening is hard –  
but crucial!**

I have always known I am not a great listener. I tend to hear what someone is saying and find myself interjecting with my own experience or someone else's. If the person is venting or has a problem, my tendency is to try to "fix" the issue by providing some sort of advice. I know I feel better, but I'm not so sure about the other person.

After attending the Listening with the Ear of My Heart workshop on Zoom in May, I came away with a new listening strategy and gained listening techniques. People often times just want to be heard, understood, and valued. I've learned to listen for content and emotion in order to respond in a "I really hear you and care for you" way. Restating what I hear for more clarification or validation, staying silent without interrupting/interjecting, and simply not responding verbally are becoming easier. I have discovered that by just listening deeply, I can respond in a more positive manner than just reacting.

A friend and I went to lunch one day, and she was struggling with some things going on with one of her groups. I listened and listened some more, and I found that it was a more productive conversation for both of us, I think. I asked her to tell me more about the issues and then asked what she thought could be done. Talk about a role reversal! At the end of our time, she hugged me and told me she often feels better after our lunch talks and has some ideas to approach the issues. Being quiet and allowing her to vent and assess her own issues benefitted us both.

I am slowly improving my listening techniques. I find myself physically stopping my mouth from opening when I think of a way to "fix it" and instead just listen for more content. I thank Diane McGeoch for inviting me to attend the workshop. I hope you will gain new skills and understanding from these sessions as well- Julie Nannenga (Hope Lutheran/Eagle)



**Want to volunteer in the garden?**

Contact Paulette Blaseg [blasegs@gmail.com](mailto:blasegs@gmail.com) or talk with board member, Mary Helen Leininger or volunteers, Emily Bently and Cedar & Pearl Hilger.



## News from Church in Community

**April's** Noisy Offering for the *Nampa Bicycle Project* raised \$246.77. (see thank you note on hallway bulletin board)

**May's** Noisy Offering for *Learning Peace Camp* raised \$180.

**June's** Noisy Offering for *First Responders* made 2 huge baskets with coffee, cheese & crackers, fruit, snacks, cuties, granola bars, cookies, candy. One basket for Nampa Fire Station # 4 on Flamingo Ave. and the second basket for the Canyon County Paramedic Station on Midland Blvd. Plus two smaller baskets for each administration office for the people behind the scenes.

**July's** Noisy Offering for school supplies for *Duck Valley Indian Reservation School* raised money to purchase-

46 backpacks, 50 notebooks, 22 composition notebooks, 45 folders, 27 pencil pouches, 18 pks of erasers, 8 protractors and compasses, 33 pks of pens, 34 pks of highlighters, 13 pks of pencils 11 rulers, 3 pencil sharpeners, 4 scissors, 36 dry erase markers, 2 pks of paper clips, 3 pks of stickies, 13 tab dividers, 10 pks of paper, 21 3-ring binders, 2 tape, 33 pks of crayons, 30 pks of glue sticks, 22 glue bottles, 12 pks of markers, 10 pks of colored pencils, 5 desk calculators, 4 scientific calculators, 100 toothbrush kits, chalk, ½ ream of paper.

Trinity continues to be such a blessing to our community. Thank you!

families have been served by these workshops over the last few years! If you have questions, you can still talk to the Kellars or myself, Tami Robinson.



### Sunday School Restart!!

Trinity Lutheran Church is resuming Sunday School for Pre-Kindergarten through high school students. Sunday School Kickoff will be:

**Sunday, September 11, 2022,**  
8:45 a.m. in the sanctuary



### Advent Daily Devotional Booklet –

is an annual project by the members and friends of Trinity Lutheran, and it cannot happen without your help! Each year in November, we distribute a daily devotional booklet, authored by present and past members of this congregation and illustrated by Mary Braudrick. Some of these devotions are scholarly; some are humorous; some are brief and personal. Some years we even have puzzles or games. The deadline for turning in YOUR devotion isn't until late October, but we all know how quickly time slips by. Whether you are one of the 30+ people who have penned a devotion in recent years OR are someone with something to say but have never tried to write a devotion, this is something we would like you to consider for 2022. For more information, please talk with Edith Hannett, Tami Robinson, or Penelope Smith.



### It's Not Your Grandmother's Canning Anymore!

**The class is full!** We have 15 participants registered and fees paid. We are overjoyed at the response we have had this year. I think many people are looking for ways to stretch their food dollars and provide healthy meals for their families. We will not be taking anymore registrations as we also have a waiting list in place. The workshop will take place as advertised so we will leave the flyers on the bulletin board until the class is completed. Thank you to those who helped spread the word and to those who have volunteered to help serve lunch that day. We really appreciate the support from the congregation. We can only imagine how many



### Care of Creation- In the words of Pope Francis, "Something good in the eyes of

God has become something exploitable in human hands." Gospel & Growth and Stewardship teams are asking you to spend time this fall thinking about God's gift of nature. What in nature brings you delight? What recent events make you fear for nature's future? Where in nature can you go to pray, allowing your gratitude to the God of creation to arise spontaneously? What is one small thing that you can alter in your lifestyle that shows care and respect for nature? As the season changes, join us in considering all this!


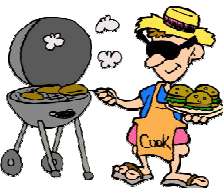




# Trinity Servants For September 2022

δουλος [doulos] is the New Testament Greek word for servant.

	<u>September 4</u>	<u>September 11</u>	<u>September 18</u>	<u>September 25</u>
<b>Assisting Minister</b>	Karissa Armbrust	Juvi Masumbuko	Juvi Masumbuko	Kim Mills
<b>Organist</b>	Kaiti Walton	Wendy Quarve	Karissa Armbrust	Karissa Armbrust
<b>Lector</b>	Debbie Sourgen	Andrew Hanson	Penelope Smith	Tammy Torrey
<b>September Lessons</b>	<i>Jeremiah 18: 1-11 Psalm 139:1-6,13-18 Philemon 1-21 Luke 14: 25-33</i>	<i>Jeremiah 4: 11-12, 22-28 Psalm 14 1 Timothy 1: 12-17 Luke 15: 1-10</i>	<i>Jeremiah 8: 18-9:1 Psalm 79: 1-9 1 Timothy 2: 1-7 Luke 16: 1-13</i>	<i>Jeremiah 32: 1-3a, 6-15 Psalm 91: 1-6,14-16 1 Timothy 6: 6-19 Luke 16: 19-31</i>
<b>Acolyte</b>	Abigail Radke	Cedar Hilger	Aldwin Kellar	Pearl Hilger
<b>Crucifer</b>	Steve VanAtter	Diane Irankunda	Mwajuma Dusabe	Kevin Mills
<b>Communion Asst.</b>	N/A	N/A	N/A	N/A
<b>Sound/Streaming</b>	Bryce Quarve & Sarah Henthorn	Bryce Quarve & Andrew Hanson	Bryce Quarve & Larry Mills	Bryce Quarve & Jason Mills
<b>Ushers</b>	Carl Radke & Tammy Torrey	Steve & Renee VanAtter	Tami Robinson & Penelope Smith	Lloyd & Judy Kellar
<b>Greeters</b>	Gail & Mary Helen Leininger	Sandy Blom & Debbie Sourgen	Joyce Becht & Edith Hannett	The Hanson Family
<b>Nursery</b>	N/A	N/A	N/A	N/A
<b>Church Cleaning</b>	N/A	TBD	N/A	TBD
<b>Altar Guild</b>	Peggy Miller and Kristina & Abigail Radke	Tammy Torrey	Judy Kellar	Tammy Torrey
<b>Fellowship Time</b>	Sharon Jones	Sunday School Kickoff	TBD	Edith Hannett
<b>Offering Counters</b>	Edith Hannett & David Sheriff	Sandy Blom & Dean Metzger	Jerry Armbrust & Penelope Smith	Sandy Blom & TBD
<b>Flowers/Greens</b>	Steve & Renee VanAtter	Steve & Renee VanAter	Steve & Renee VanAtter	Edith Hannett

**Eternal Candle:** Julie Haugen; **Wine:** Julie Haugen; **Council Devotions:** TBD  
**Communion Bread:** Mary Helen Leininger.

**TRINITY LUTHERAN CHURCH  
CALENDAR FOR MONTH OF SEPTEMBER 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>September</b>				<b>1</b> Office 9 a.m.-1 p.m.  6:30 p.m. Al-Anon	<b>2</b> Office Closed  	<b>3</b>
<b>4</b>  Thirteenth Sunday after Pentecost  10:00 a.m. Worship and Holy Communion	<b>5</b> Office Closed   <b>LABOR DAY</b>  10:00 a.m. Monday Morning Study  7:00 p.m. Zoom Book Study	<b>6</b> Office 9 a.m.-1 p.m.	<b>7</b> Office 9 a.m.-1 p.m.  6:00 p.m. Trinity New Hope Potluck	<b>8</b> Office 9 a.m.-1 p.m.  6:30 p.m. Al-Anon	<b>9</b> Office Closed	<b>10</b>  9:00 a.m.-4:00 p.m. <i>Not Your Grandmother's</i> Canning workshop
<b>11</b>  Fourteenth Sunday after Pentecost <b>Sunday School Kickoff</b> <b>Trinity Inquiry Class</b>  10:00 a.m. Worship and Holy Communion	<b>12</b> Office 9 a.m.-1 p.m.  10:00 a.m. Monday Morning Study  7:00 p.m. Zoom Book Study	<b>13</b> Office 9 a.m.-1 p.m.  1:30 p.m. Gospel & Growth	<b>14</b> Office 9 a.m.-1 p.m.  <b>God's Work. Our Hands Day</b> 6:00 p.m. at West Middle School (chicken dinner provided)	<b>15</b> Office 9 a.m.-1 p.m.  6:30 p.m. Al-Anon  6:00 p.m. Learning Peace Meeting	<b>16</b> Office Closed	<b>17</b>  3:00 p.m. TV Prays.org gathering at Kleiner Park
<b>18</b>  Fifteenth Sunday after Pentecost  10:00 a.m. Worship and Holy Communion  Trinity Inquiry Class	<b>19</b> Office 9 a.m.-1 p.m.  <b>9:00 a.m. Epistle Articles Due</b>  10:00 a.m. Monday Morning Study  7:00 p.m. Zoom Book Study	<b>20</b> Office 9 a.m.-1 p.m.  7:00 p.m. Church Council	<b>21</b> Office 9 a.m.-1 p.m.	<b>22</b> Office 9 a.m.-1 p.m.    6:30 p.m. Al-Anon	<b>23</b> Office Closed  [---Confirmation-----]	<b>24</b>  -----Retreat-----
<b>25</b>  Sixteenth Sunday after Pentecost  10:00 a.m. Worship and Holy Communion  Noisy Offering for <i>West Middle School</i> -----Conf. Retreat-----]	<b>26</b> Office 9 a.m.-1 p.m.  10:00 a.m. Monday Morning Study  1:00 p.m. Assemble Peace Camp in a Box @ Grace	<b>27</b> Office 9 a.m.-1 p.m.  11:30 a.m. Women's Luncheon @ <i>Panera Bread</i>	<b>28</b> Office 9 a.m.-1 p.m.  	<b>29</b> Office 9 a.m.-1 p.m.  6:30 p.m. Al-Anon	<b>30</b> Office Closed	

## LET US REMEMBER IN OUR PRAYERS

The Family of Frank Greytak (Carl Radke's uncle- passed away), Brooke Goodner (friend of Kristina Radke- two brain tumors, surgery 8/15), Everett Swank (Julie Haugen's brother-in-law- hip surgery 8/15/22), Darnell and Bishop (Haugen family members- for health & safety and discernment), Don Tiller (Tami Robinson's brother- looking for affordable apartment that allows dogs), Lance Floyd (thanksgiving for renewed health and continued healing), Jony (Linda Dombeck's son- health), Kim Edwards (from Sharon Jones), Steve (Fran Webb's brother-in-law- cancer), Judy Jewel (Friend of Heinz Seba- possible brain injury), Maren Greytak (Carl Radke's aunt- battling dementia), Lily Dombeck (Linda Dombeck's daughter-in-law- severe health issues), Margretta Spady (illness), Julie Sheriff (being treated for a bone infection), Monica Perez (friend of Edith Hannett- in need of a kidney), Kathy Stats (Friend of Sarah Henthorn- brain tumor), Bud Burnett (family member of Edith Hannett- on hospice), Dave Mangum (Mary Braudrick's brother- prostate cancer), Cindy Payne in Texas (From Mary Leininger- brain tumor, undergoing chemotherapy), Colton (Fran & Elwood Webb's grandson- brain tumor), Di Seba (cancer treatments), Vickie Caldwell (from Terry & Sandy Blom- cancer and chemotherapy), John & Sarah Klahn (as they try to conceive), Jen Brossart (from Amanda Hanson- cancer), Mona Lisa Regier (parkinsons).

**People in the Armed Services:** Ben Rogers (The Vanatters' nephew), Christopher Blohowiak (George & Helen Collins' great-grandson- Army), Brett Collins (grandson of Helen Collins- Marines), John C. Collins II (Helen Collins' grandson- Navy SEAL), Bill MacDonald (Navy).

**Those in need of continuing prayer:** Lorena Ellis - Cru Campus Ministry National/Headquarters. John Steele (friend of Karissa Armbrust- cancer).

## LISTENING WITH THE EAR OF MY HEART

Same Workshop, Offered Twice at Different Locations/Times



**SATURDAY** from 9:00 am – 10:30 am

**September 17th and October 1st**

Trinity Lutheran Church  
8 S. Midland, Nampa ID

**SATURDAY** from 9:00 am – 10:30 am

**October 29th and November 12th**

Redeemer Lutheran Church  
2920 W Cassia, Boise ID

**QUESTIONS/REGISTRATION:** 503-881-6990 or micahsixv8@hotmail.com

Or use this link to a GoogleDoc to contact us:

[https://docs.google.com/forms/d/e/1FAIpQLSf50xg9vnDcqpSb7Ezss8SZYbJOL6uHwvOctsJQ\\_w3yCsIVA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf50xg9vnDcqpSb7Ezss8SZYbJOL6uHwvOctsJQ_w3yCsIVA/viewform?usp=sf_link)

We live in a world where people long to be heard by compassionate listeners, those to whom they can speak their truths aloud – receiving no defensiveness, no judgment, no advice. The goal of this workshop is that participants enhance their ability to listen with empathy.

Topics covered: 1) Defining Empathetic Listening. 2) When and Where Can This Be Used? 3) What Prevents Empathetic Listening from Happening? 4) Techniques Used in Empathetic Listening.

This is a two-part experiential workshop where participants have opportunity during class to practice what they have learned, plus apply it to their own unique real-life situations (with family and friends, at work, at church, as they serve in their communities.)

Past attendees note, “This workshop changed the way I listen to others. I am really trying to be aware that they should be in charge, not me.” “I was surprised in that, even when I know the concepts, it is tough not to offer help or advice.” One attendee, during conversations with weekend houseguests, marveled at how much more they opened up when she used techniques learned in the workshop.

In addition to these two in-person workshops, there will be a Zoom workshop in January 2023, held on several mid-week evenings. If you have questions or would like to register, please call or text Penelope Smith at 503-881-6990 or micahsixv8@hotmail.com.

**-Upcoming Events-**

**Sunday School Kickoff**

Trinity Lutheran Church is resuming Sunday School for Pre-Kindergarten through adult.  
Sunday School Kickoff will be:  
Sunday, September 11, 2022,  
8:45 a.m. in the sanctuary

As part of the kickoff, all ages are invited to participate in Intergenerational Sunday School.

**Fall Schedule**

(Sunday School will resume September 11<sup>th</sup>)

Worship will remain at 10:00 a.m. throughout the Fall

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Trinity Lutheran Church  
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Nampa, ID 83651  
(208) 466-2173

TO: