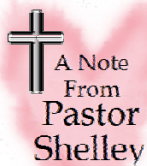


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Let’s Talk. Let’s Listen.

As I write today, my backyard is covered with inches of clean white snow backing up to my white fence. Among our bare-branched trees cardinals and woodpeckers who flock to Forrest’s full 6 birdfeeders are colorful and catch my attention. When I work in my mom cave or at my kitchen table I delight in watching them. Beautiful as the snow is, it masks the spring/summer/fall foliage of our plants and flowers. So, I have to remember my blooming yard through the long cold of winter. As a southerner, remembering is akin to yearning.



As the church and the world around us change – sometimes in small ways and often drastically – don’t we all have yearnings for the past? We savor our memories, especially in the face of loss or decline. It’s important to remember our past memories, so that they live in our hearts and we can savor them as blessings. But we don’t live in the past. There’s much to lament in today’s world, but lament should probably be just a prelude to moving into a future looking for light and life and joy.

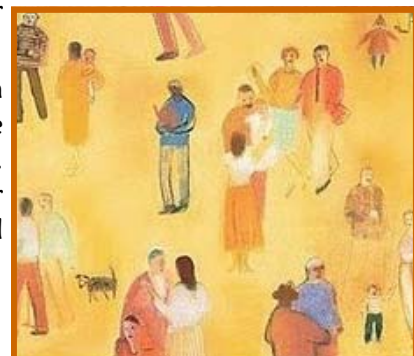
A current favorite author is Meg Wheatley (“Turning to One Another: Simple Conversations to Restore Hope to the Future”), who writes: “I believe we can change the world if we start listening to one another again. Simple, honest, human conversation. Not mediation, negotiation, problem-solving, debate, or public meetings. Simple, truthful conversation where we each have a chance to speak, we each feel heard, and we each listen well...Human conversation is the most ancient and easiest way to cultivate the conditions for change – personal change, community and organizational change, planetary change” (p 7).

I believe the church is a natural place for human conversation in which we have the chance to hear and be heard. When you’re ill or homebound, you’ve probably experienced the heightened importance of our Deacons’ ministry of presence in which you can talk and be heard. If you’ve discovered and committed yourself to a significant relational group at Trinity (ie. small group), then you probably appreciate the human conversation in which you share what you feel and see, and learn from what others see and feel. If you request time alone with a pastor, hopefully this is yet another opportunity. If you haven’t discovered “your” small group, what are your yearnings?

Meg Wheatley writes of “conversation as our route back to each other and as the path forward to a hopeful future”(p 9). Come. Taste and See. Let us sit together to listen, share what we care about, and dream together.

Grace and Peace,

Pastor Shelley



JANUARY Worship Attendance

	<u>9:30</u>	<u>11:30</u>	<u>Total</u>
01/02	124	32	156
01/09	151	40	191
01/16	145	39	184
01/23	134	37	171



February 6

Isaiah 58:1-12; Matthew 5:13-20;
Psalm 112:1-9

February 13

Deuteronomy 30:15-20;
Matthew 5:21-37; Psalm 119:1-8

February 20

Leviticus 19:1-2, 9-18
Matthew 5:38-48

February 27

Isaiah 49:8-16a;
Matthew 6:24-34; Psalm 131

DECEMBER 2010 SESSION MEETING HIGHLIGHTS

Session reviewed, finalized and accepted a balanced budget for 2011 and agreed that unspent 2010 budget money would be added to the Capital Repair & Replacement Fund.

Marty Peterson was appointed to serve as Trinity's commissioner to the January 22, 2011 Presbytery meeting held in Salina. Pastor Shelley will preach.

Via email, Session approved the serving of Holy Communion at the wedding of Su Anne Kissee and Kent Ivey. Ceremony will be held in Trinity's sanctuary on December 18, 2010, and Rev. Alden Hickman will officiate.

Motion from Property Committee requesting permission to pursue the possibility of selling Trinity's rental house located at 4740 SW 21st Street failed.

Approval to serve Holy Communion January 9, February 13, March 27, April 21 and May 22, 2011 received.

Motion from Mission Committee to approve of the One Great Hour of Sharing and the Christmas Joy offering for 2011 passed.

JANUARY 2011 JOINT SESSION/DEACONS MEETING HIGHLIGHTS

- Welcome to new Session members: Susan Burris, Martha Miller Brad Parry, Dana Schoffelman, and Michael Hampton.
- Welcome to new Deacons: Kay Graham Scott, Alice Langley, and Carolyn Burns.
- Session approved Theodore Musick's (Trinity's Handbell Choir Director/Section Leader of Heritage Choir/Celebration Worship Drummer) request to hold a fundraising concert in Trinity's sanctuary on Friday evening March 11, 2011 for Trinity members and the Topeka Community. The concert will assist Theo with expenses on his May/June touring concert throughout Europe with his "Fountain City Brass Band."
- Session approved establishing a Session committee to explore and possibly prepare a proposal and for the Session committee to serve as a liaison to Session regarding daycare at Trinity.

THEODORE MUSIK IN CONCERT

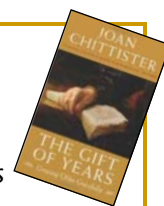


Theodore Musick will present a concert, *Peace for Percussion*, on March 11 at 7:00 p.m. in the sanctuary of Trinity Presbyterian Church.

Please join Theodore in celebration of and preparation for his second trip to Europe with the Fountain City Brass Band in May. The concert is free and open to the public. Good will offerings accepted.



Do you have fears about growing older? Are you working hard at growing older gracefully? Joan Chittister has ideas about how we might cherish the blessings of aging and overcome the challenges of aging. We will begin discussing her book, "The Gift of Years," next month on Monday afternoons at 1:00p. If you would like to order a copy of her book, give \$10 to Pastor Shelley. She'll order the book for you in time to join our discussions or to read on your own time. We will begin this session **Monday, February 7th at 1:00 pm** in Trinity's Parlor.



A friendly reminder: if you or a friend goes into the hospital, please give the church office a call at 272-2620. The hospital staff do NOT notify the churches anymore about patients being admitted due to the confidentiality of HIPAA. Even though they ask about church affiliation when you are admitted, they do NOT use that information to tell us that you are in the hospital. And we want to know!!



Celebrating a

in FEBRUARY

Feb 02	Wilma Weckerling
Feb 04	Franke Stickley
Feb 10	Kathy Welch
Feb 11	Jess Danner
Feb 11	Rose Fritz
Feb 11	Mary Nestor
Feb 13	Evan Brunner
Feb 15	Haven Ashley
Feb 17	Gabriel Stanley
Feb 18	Mit Winter
Feb 20	Marcia Groth
Feb 20	Debbie Musgrave
Feb 22	Jenny Lee
Feb 24	John Weber
Feb 27	Kay Howard
Feb 27	Carol Shannahan
Feb 28	Lee Langfitt

FEBRUARY *Anniversaries This Month*

 Feb 14 Carl & Judy Rundell


*Source
for
Birthdays
And
Anniversaries
Call to Service
Survey.*

Dear Trinity Family,
 Thank you so much for all your prayers, cards, and emails during my surgery and recovery. This meant so much to me to hear from Topeka friends. Blessings to you. *Wayne Terpening, Nassau Bay, Tx.*

I want to thank the deacons for all their cards and visits to my daughter, Lynn, while she was in the hospital. And thanks so much to Pastor Shelley for her care, love, and visits. I'm so glad that my daughter feels at home at Trinity and has just joined the church. We appreciate everyone's prayers.
Marilyn Leinacker

...And remember the words of the Lord Jesus, that he said, "It is more blessed to give than to receive." Acts 20:35b


We want to take the time to say a special thank you for all you have done for us. We really did appreciate you letting us use the church for our wedding. Thank you all for the special memories that you let us make in your church and all the wonderful little things that each of you have given us. We ask that Jesus Christ blesses you just as you have blessed us.
Thank you, Mr. & Mrs. Kent Ivey.



SANCTUARY FLOWER MINISTRY

Flowers on **January 9** were provided to the glory of God by **Stan and Peggy McAdoo** in loving honor of their **38th wedding anniversary**.

Flowers on **January 16** were provided to the glory of God by **Mike and Tamara Hampton** in loving honor of **Eric's 18th birthday**.



Dates are still available on the sanctuary flowers sign-up chart. If you want to dedicate flowers to your loved ones on a special Sunday, be sure to visit the lobby and sign up.

Christian Education Classifieds

Below is the Christian Ed classified ad section where you will find anything from help wanted to personals to special announcements. It's the meeting place for Christian Education.

**YOU
ARE
INVITED
to a
LUNCHEON**

Sunday
February 13
12:30 p.m.
In
Fellowship Hall

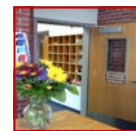
Adults bring a side
dish.
Children bring a
dessert.

We'll
decorate cookies as
a mission project.

Preschool Sunday School (Ages 2-5 Pre-K) and Nursery

Preschool children are encouraged to attend Sunday School class from 10:40-11:20 AM. Nursery for children 0-5 is available all Sunday morning. During Advent and the Christmas holidays, we heard stories about the coming of the Christ child, and acted out the parts of shepherds and wise men. During January, our lessons will focus on Jesus as a child and the beginning of his ministry. Each Sunday we present a Bible story, songs, age-appropriate learning activities, and creative play to reinforce the concepts in the lesson. We use the Wee Believe curriculum. Families may find resources at www.pcusa.org/webelieve/weefamily.htm to help their children connect to the lessons at home.

Sunday Morning Trinity Office Volunteers:



10:15—10:45 a.m.

February 6 Nancy Crockett

February 13 Bette Bossler

February 20 Julie Friedstrom

February 27 Mary Kresie



WANTED:

Sugar cookies for
February 13. If you
are willing to donate
sugar cookies, sign up on the
bulletin board in the narthex or let
Karen Meenen know by calling her
at 272-2620.



NEW NURSERY VOLUNTEERS NEEDED

Yes, we still need **you**, if you love children and are willing to give an hour or two to help families with young children participate fully in worship, Sunday School, or other church activities.

We are now scheduling nursery volunteers for February through May. Additional new volunteers are still needed, especially during the following times:

- Sunday School—10:30 a.m.-11:30 a.m.
- Thursday evening music practices—6:00 p.m.-8:00 p.m. during January-May

Christian Education Meeting one Wednesday each month—6:15-8:30 p.m.

Please contact Karen Brown at 273-3448 or ksbrown2003@sbcglobal.net to volunteer or if you have any questions about the nursery. *Thank you everyone!*

THE KINDERGARTEN - 2ND GRADE SUNDAY SCHOOL CLASS

Our class had so much fun getting ready for and celebrating Christmas. We made a Baby Book for Jesus. It is in the parlor so you can reflect on all the events just passed.

Peggy McAdoo, S.S. Teacher

† A note from...



**Pastor
Kate**



Thank you to everyone

who worked very hard and helped us plan, practice, and execute "The Amazing Race!" I loved the creativity and humor and worship that all came together. Thank you for your willingness to help our family worship in different ways! Gold stars for everyone!!!



Please continue to prayerfully consider coming on the 2011 Mission Trip to El Salvador in July. If you would like to go, please make your deposit check for \$50 payable to Trinity Presbyterian Church and give it to Pastor Kate ASAP. Feel free to contact Pastor Kate with any other questions or thoughts you have about the trip.

Also, mark your calendars for these two dates:

March 5-6: Pirates of the Presbyterian PNK Spring Rally at First Presbyterian in Hays. Contact Pastor Kate for a registration packet – they are due February 14!

April 3, 5:00: "A Night at Teeno's" – our second auction to raise money for the mission trip! Put it on your calendar NOW!



FEBRUARY

TRINITEEN YOUTH CALENDAR



February 2, 6:30 pm: Youth Council meeting. Be thinking color schemes for our youth room!



February 6, 5:00-9:00 pm: After bringing soups and crackers in the morning for Souper Bowl of Caring, come join us to watch the football game (and the funny commercials!) with the Triniteens at the Farrell-Higgins' home, 4307 Aylesbury. Bring a snack and pop to share!



February 13, 12:30 pm – *Won't you be Trinity's Valentine??* You're invited to the All-Church Valentine's Luncheon and Cookie Decorating. Bring a dessert to share!



February 20, 12:30 pm - 2:00 pm: Lunch & planning for A Night at Teeno's (auction!)



February 27, 12:30 pm - 2:00 pm: Lunch & planning for our - "A Night at Teeno's" (auction!)

**Friends are always welcome
to any of our events!!**

COMING SOON

"A Night

& Teeno's"



AUCTION!

FELLOWSHIP COMMITTEE



During February, Art in the Parlor will feature the beautiful needlework of Jan Allen.



Fellowship Friday at Sweet Pea's Restaurant received a Warm Reception!



Despite the cold weather outside, everyone enjoyed the fire in the fireplace, great food, nice music, and wonderful conversations and fellowship on Friday, January 14!

Everyone asked at the end of the evening..
"where and what are we doing for Fellowship Friday next month?"
COME! JOIN US FOR MORE FUN IN FEBRUARY!



CHOOSE Joy



Fellowship Time At Trinity



Fern Spaulding, Craig Stafford, Becky Jones, Vicky Walters, and Pastor Shelley provided Sunday morning fellowship treats in recent weeks. Thank you to them and to Dale and Alice Langley, your fellowship host, hostess, and coffee servers during December.

Turn on your oven, warm up your kitchen, and bake some treats to bring for fellowship time on Sunday morning. Sign up on the the green chart outside the church office.

The roasters and crock pots which were stored in the corner closet have been moved into the cupboards behind the folding curtain in fellowship hall.

Even though there are lots of mothers here at Trinity, *your mother is not here to clean up the kitchen after your activity!* Please be considerate and wash and dry the dishes and tidy up the kitchen anytime you have used it. Thank you.

We have a new electric kettle to use in the kitchen and an ice scoop to use for the ice tray.

BSA TROOP 172 - NEWS

Troop 172 has completed several activities/events over the late fall and Holiday Season. First of all, CONGRATULATIONS to John "Jake" Castello who achieved the rank of Eagle Scout in August, 2010, just before he left home (here in Topeka) to attend the University of Kansas in Lawrence. We held his Eagle Ceremony at Grace Cathedral (his church) on November 20th, 2010 and he joins his brother Edward as a proud Eagle Scout from our Troop. Another of our scouts has just completed his eagle project and eagle rank paperwork and we are looking forward to the awarding of his rank at a ceremony sometime this spring.

We also went camping (in a cabin) at Eisenhower State Park on Melvern Lake on December 4th. A 2- hour hike around the lake, some challenging games of scrabble and backgammon and good food were the highlights of the weekend.

During the Holiday Season, our troop usually adopts a family. This Holiday Season our boys decided to do a service project at the Topeka Rescue Mission instead. We had two scouts, two adults and a little sister who served lunch at the Mission on December 23rd. It was a good experience for all of us to see the wonderful work that the Mission is doing and an education as well. We enjoyed getting to wish so many people Merry Christmas and Happy Holidays.

Lastly, we have finished the re-chartering of the Troop and look forward to another great year with our wonderful sponsor, Trinity Presbyterian Church. THANK YOU for all that you do for us !!!

Respectfully,
Hiram Powell, Scoutmaster
(785) 554-7550



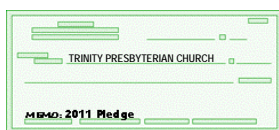


Finance Matters: 2010 Pledge statements and Contribution statements have been mailed this month. Please be sure to review your statement to confirm the accuracy of our records. If you have questions regarding your statement, please contact Lee Langfitt, Financial Secretary (478-4552) or by email, Leemail2@cox.net

Many contributors are taking advantage of their bank's on-line bill paying feature to issue and securely mail their contributions to Trinity, rather than hand-writing a check. In many instances, this is a free service provided by your bank or financial institution. The use of personal checks is gradually declining because the cost of using personal checks is increasing.

If the need arises that you choose to mail a contribution, please include "Financial Secretary" (**NOT TREASURER**) in the Trinity address to assist in mail distribution. Mail addressed to the Treasurer will result in delaying the deposit of your gifts.

Reminder: please make checks payable to "Trinity Presbyterian Church," unless otherwise noted. In an effort to update our record keeping methods, please use the "memo" line of a check (personal or on-line)

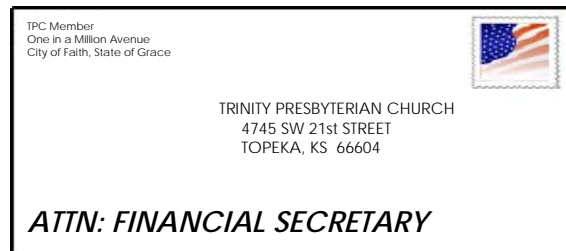


to designate the fund name such as "Pledge" or "Non-Pledge", etc. If the contribution is for a specific fund, please indicate that fund name (for example, Sanctuary Flowers) to avoid confusion when the contribution is recorded. If you pledge, the pledge number is NOT needed in the memo line, but instead, list the Fund name "Pledge." This is very helpful as I record the gift information.

If you are considering making a gift of stock or securities to Trinity, please contact me so I may be aware of the transaction. You may also view the Trinity website (click on the "More/Finance" tab) for additional information about this type of gift.



Trinity is grateful for the continuing faithful support of our pledgers, and we additionally solicit financial support from any of our churchgoers who may not have pledged (yet!).



MISSION COMMITTEE

Trinity delivers on the first and second Monday of each month. To help, contact Cory at cory.schoffelman@bartwest.com



NEXT TIME TRINITY SERVES: February 21 (3rd Friday of the month)

SOUPER BOWL OF CARING

On **Sunday February 6th**, as you will tune in to the Super Bowl football game, there will be parties with abundant food, friendship and fellowship. At the same time, there will be people worrying about staying warm, finding shelter and a warm meal. Please join Mission Committee as we demonstrate God's love by loving our neighbors through the **Souper Bowl of Caring**. It's a simple, yet significant act of caring for others. Drop soup, crackers or \$ in the soup pot on February 6th. All donations will be made to Doorstep in Topeka. Please support our efforts.



LETTER OF THANKS AND UPDATE FROM CHAPMAN

USD473
Education Center
822 N Marshall
Chapman, KS 67431 opportunity

December 22, 2010

Dear Friends of USD 473,

It has been both a "long" and a "short" two and a half years since the tornado of 2008 destroyed Chapman Elementary School, Chapman Middle School, Chapman High School, and the USD 473 Education Center. The students and staff spent two and a half years in modular classrooms, moving between classes in wind, rain, sleet, ice, snow, and cold. During those times it seemed like a "very long" two and a half years. But the completion of the Education Center and the progress on the three new schools has come a long way in a "short" two and a half years. It is amazing and exciting to see the three new schools near completion. Classrooms are ready for furniture, kitchens are ready for cooking, and gym floors are ready for their final finish.

We are moving in!! Classroom furniture will arrive this month. With the help of local patrons and military volunteers from Fort Riley, the move will take place over Christmas break. Staff and students will be in the new schools for the second semester of the 2010-2011 school year. You can imagine the anticipation and excitement everyone is feeling.

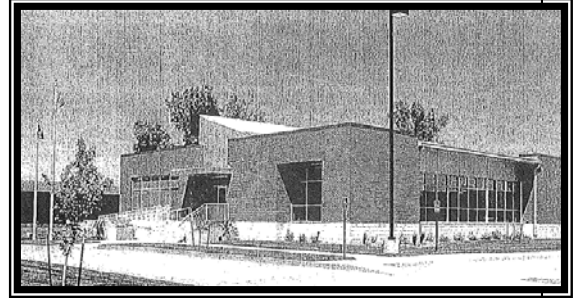
The Board of Education and Administration want to take this opportunity to update you and thank you for your support. We are very proud of the new facilities and the opportunity for our students to be back in a more structured, climate-controlled environment. The schools are state of the art educational facilities. Without your help and support it would not have been possible.

The Grand Opening and Ribbon Cutting Ceremony for the three new schools is scheduled for Monday, January 10, 2011, 8: 10A.M. at Chapman Elementary School, 8:45A.M. at Chapman Middle School, and 9:30 A.M. at Chapman High School. The new schools will be open to the public for tours Tuesday, January 11, 2011 through Friday, January 14, 2011 from 8:00A.M. to 9:30A.M. Also, Wednesday, January 12 from 6:00 P.M. to 8:00 P.M. and Saturday, January 15 from 6:00 P.M. to 8:00 P.M. with a Talent Show at the new CHS auditorium at 8:00 P.M. (with current and past alumni). You are always welcome to stop by and visit any of USD 473 schools.

With sincere gratitude,



Merry Christmas & Happy New Year
Tony Frieze, Superintendent



Free Community Grief Seminars with Dr. Alan Wolfelt

Dr. Wolfelt is the Director of the Center for Loss and Transition in Colorado, a recipient of the Association for Death Education and Counseling's Death Educator Award, and has authored numerous books and articles in the areas of death and grief.

March 2-3, 2011 at the Topeka Performing Arts Center in Hills Festival Hall

Healing Your Grieving Heart When Someone You Love Has Died

Wednesday, March 2

7:00 p.m.- 9:00 p.m.

Complimentary refreshments will be available

The Art of "Companioning" the Mourner: The Caregiver's Helping Role

Thursday, March 3

9:00 a.m. - Noon

A complimentary continental breakfast will be available

Both seminars are an excellent opportunity for individuals seeking continuing education credits.



Register either by calling 354-8558 or by visiting
www.PenwellGabelTopeka.com

Penwell-Gabel
Funeral Homes, Crematory & Cemetery





Update on our VIDA Ministry

The past year has been a difficult one for us, and we continue to struggle with the direction of our call. We completed the spring semester with Joaquin Anabe as our part-time director. The semester was a success. However, due to a paucity of volunteers, child care was difficult. We succeeded in finding 2 people to act as volunteer coordinators, Dot Anderson on Monday and Thursday nights and Jan Waide (from Trinity) on Wednesday nights. The last semester, Fall of 2010, we had reliable child care for a growing number of students. This past semester there were over 90 students enrolled in our ESL classes, with 20-40 children in childcare each night. We had several very dedicated volunteers keeping the childcare running as well as several dedicated volunteer teachers in the classroom. We had nutrition classes and graduated 15 students from these. In addition there were computer classes and our VIDA Bible Study continues to meet on Thursday nights. Our thanks goes to Consti Garay, longtime VIDA volunteer ESL coordinator, who stepped in as our part-time employed Coordinator and really did a great job of growing our programs. We hope to build on these accomplishments in the coming year. A regular Sunday worship service is among our hoped for goals.

Our biggest problems continue to be:

1. **Financial:** We are losing funding from the Presbytery this year, as our time limited grant has run out and the Presbytery is experiencing the same difficulties as the rest of the economy. We have enough income and reserve from this past year of frugal planning to operate for at least the next 6 months, assuming we continue to receive the same funding from the Shawnee County Presbyterian Churches. We plan to spend the next 6 months developing a financial plan to allow us to continue to function and grow our ministry.

2. We are a **volunteer heavy ministry**. We are thankful for all those who have given their time to VIDA, but we continue to need more people to devote some time to this ministry. Whatever amount of time a person has to give, we will gladly accept. Please contact Jan Waide (233-7008) or Pastor Shelley if you would like to give of your time and energy.

3. The **current Council** consists largely of members who have been on the council from its inception (including Pastor Shelley and Joan Warren). We continue to be enthusiastic about this ministry; however, we are a bit weary. The council could benefit from new members with new ideas. If there are any among you who would like to join our Council, please let me know. If you know of someone in your congregation looking for a rewarding, fulfilling missional experience, close to home, please let us know.

VIDA continues to be a vital, relevant very Christian missional experience, with a growing need in our community. I encourage you to give prayerful consideration to the needs of our ministry and to how you might become involved in the life of VIDA.

Thank you, Trinity Volunteers at VIDA: Jane Williams; Bev Leonard; Wendy Pullen; Greg & Jenny Lee; the Housers-Ruth, Connie & Dave; Craig Stafford; Joan Warren; Pat & Natalya Thomblison; and Vicky Walters.



Would you like to make Hispanic friends?
May be practice your Spanish?
VIDA needs

VOLUNTEERS

FOR ITS MINISTRY PROGRAMS

at 3168 SE 6th Ave.
(In Eastboro, across from Reser's Foods and behind Marian Dental Clinic)

VOLUNTEERS will work as teachers, conversation partners,
at the nursery, and at the homework center.



For information contact:

Consti Garay (785) 608-8143, Executive Director
Fran Crouch (785) 266-0872, Volunteer Coordinator
VIDA Ministries Office, (785) 234-3369

Spring 2011

- Programs: ESL Class, nutrition, computers, and other activities.
- Days: Mondays, Wednesdays, and Thursdays.
- Times: Vary from 5:00-8:30 p.m.
- Orientation: January 27th.
- ESL class: Jan. 31st - May 12th.
- Nutrition class: Mar. - Apr.
- Computers: Mar. - May

Love, Red Hearts & Ribbons, Cards & Candy



Love, Red Hearts & Ribbons, Cards & Candy ...all are images that come to mind this month of February when we celebrate Valentine's Day, Heart Month, and Organ Donor month. Jesus showed us true, sacrificial love, "Greater love has no one than this: to lay down one's life for one's friends." (John 15:13 NIV). During this month, let us each try to emulate Jesus' compassion and love. Since there have been lots in the news of late regarding bullying, aggressive and even hateful behavior, the following is a positive spin. This exert is from the American Academy of Pediatrics (AAP) 2/10, and is used with permission. (<http://www.aap.org/advocacy/releases/febvaltips.cfm>).

14 Ways to Show Love for Your Child This Valentine's Day

1. Use plenty of positive words with your child. Try to avoid using sarcasm. Children often don't understand it, and if they do, it creates a negative interaction.
2. Respond promptly and lovingly to your child's physical and emotional needs and banish put-downs from your parenting vocabulary. Be available to listen to your child when he/she want to talk with you even if it's an inconvenient time.
3. Make an extra effort to set a good example at home and in public. Use words like "I'm sorry," "please," and "thank you."
4. When your child is angry, argumentative or in a bad mood, give him a hug, cuddle, pat, secret sign or other gesture of affection he favors and then talk with him about it when he's feeling better.
5. Use non-violent forms of discipline. Parents should institute both rewards and restrictions many years before adolescence to help prevent trouble during the teenage years. Allowing children of any age to constantly break important rules without being disciplined only encourages more rule violations.
6. Make plans to spend time alone with your young child or teen doing something she enjoys. Send a Valentine's Day card to your older child or teen. Make Valentine's Day cards together with your preschool or younger school age child.
7. Mark family game nights on your calendar so the entire family can be together. Put a different family member's name under each date, and have that person choose which game will be played that evening.
8. Owning a pet can make children, especially those with chronic illnesses and disabilities, feel better by stimulating physical activity, enhancing their overall attitude, and offering constant companionship.
9. One of the best ways to familiarize your child with good food choices is to encourage him to cook with you. Let him get involved in the entire process, from planning the menus to shopping for ingredients to the actual food preparation and its serving. It is wonderful when families eat together as much as possible. Good food, good, conversations.
10. As your child grows up, she'll spend most of her time developing and refining a variety of skills and abilities in all areas of her life. You should help her as much as possible by encouraging her and providing the equipment and instruction she needs. Start reading to your child beginning at six months. **Avoid TV in the first two years, monitor and watch TV with your older children and use TV time as conversation time with your children. Limit computer and video games.**
11. Your child's health depends significantly on the care and guidance you offer during his early years. By taking your child to the doctor regularly for preventive health care visits, keeping him safe from accidents, providing a nutritious diet, and encouraging exercise throughout childhood, you help protect and strengthen his body.
12. Help your child foster positive relationships with friends, siblings and member of the community.
13. One of the most important gifts as a parent is to help your child develop self-esteem. Offer steady support and encouragement to discover his strengths. He needs you to believe in him as he learns to believe in himself. Loving him, spending time with him, listening to him, and praising his accomplishments are all part of the process.
14. **Don't forget to say, "I love You" to children of all ages!**

"Let the children come to me..." commands Jesus in all three synoptic Gospels (Matt 19:14, Mark 10:14, Luke 18:16). True love, doing what's best for another can be time consuming, but Jesus never turned anyone away...Jesus is True Love. Being children of God elevates us to new heights, making us all dignified in God's eyes, for we are truly made in HIS Image & Likeness.

Blessings for a Heart full of Jesus' Love,
Kathy Welch, Parish Nurse





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Shepherd's Center - 2011 Winter Session

Shepherd's Center's Spring 2011 session, "Adventures in Learning" will be each Friday in February (4, 11, 18 & 25) from 8:30 - 1:00 at First Baptist Church, 3033 SW MacVicar. The newsletter will be mailed the first week of January. Great speakers and performers are slated, including Rev. Hickman teaching a class on Genesis and Dr. Snook performing operatic arias.

First time guests may attend one Friday for FREE which includes the Focus on Fitness area, 8:30 - 9:10; classes, 9:15 - 11:30, musical performance, 11:40-12:10, and catered buffet lunch, 12:15-1:00p. Regular registration fee is \$25 which pays for all four Fridays in the month, including meals. Scholarships are available for those with financial need.

For complete information about the session, visit the center's web site: www.shepherdscentertopeka.org. or visit with Rosetta Casselle 272-3354, our church representative. Trinity Presbyterian is one of 28 congregations and 12 community partners that sponsors the Shepherd's Center.



Glorify God. Share Christ's Love. Make New Disciples.



REGULAR WORSHIP SCHEDULE

9:30 a.m. Celebration Worship

10:40 a.m. Sunday School for all ages

11:30a.m. Traditional Worship

CHURCH STAFF

Rev. Shelley Craig	<i>Pastor</i>
Rev. Kate McGee	<i>Associate Pastor</i>
Karen Meenen	<i>Director of Christian Education</i>
Kathy Welch	<i>Parish Nurse</i>
Becky Crowl	<i>Church Secretary</i>
Niles Brandstoettner	<i>Custodian</i>
Michael Brandstoettner	<i>Assistant Custodian</i>
Dr. Lee Snook	<i>Heritage Choir Director</i>
Carmen Raines	<i>Celebration Team Director</i>
Sheryl Daniels	<i>Organist</i>
Theodore Musick	<i>Adult Bell Choir Director</i>
Jaron Marcus	<i>Celebration Keyboardist</i>
Lee Langfitt	<i>Financial Secretary</i>
Martha Huizenga	<i>Treasurer</i>
Karen Brown	<i>Nursery Attendant</i>