



**January 2011**  
*HAPPY NEW YEAR!*

# TALKING TRINITY

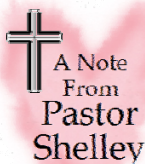


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See up-to-date information at  
[www.TrinityPresbyterian.net](http://www.TrinityPresbyterian.net)

## Gift Giving



Although we continue in the Christmastide season through this week, most of us put Christmas and its joyful hoopla behind as we begin January – the start of a new year according to secular calendars. Do you experience a letdown as you pack away the wrappings of a festive season? Or, do you anticipate new beginnings, filled with hope? Technically we’ve finished our gift giving. This is especially true if we think of gifts as things or objects we give to each other. The financial value of the gift sometimes is how we measure the value of the gift – and perhaps the gift giver.

But wait.....what about giving the gift of ourselves – our talents and our abilities? In our world of faith, the material possessions we bring before God don’t measure up to the gift of ourselves. All of us can give our talents and the generosity of our hearts. God delights in us when we are willing to give from the substance of what we are rather than what we have. This is giving away or giving up – partially dying to ourselves. “The world shows us what we do not have and tells us we need more. The kingdom of God shows us what we have, and asks us to give it away,” according to Presbyterian Pastor, Rev. Loretta Ross (“Holy Ground,” 2007, vol 18, #3, p3).

At Trinity, January is our season of new beginnings for our ordained officers (Elders and Deacons) as they begin to give of themselves to the governance, the spiritual leadership, and the ministry of presence of Christ at Trinity. January is also the time for the rest of us to assess how and where we will give of ourselves to Christ and for Christ. A truly special gift that God has already given to us is the diversity and breadth of people and their giftedness here at Trinity. How will we respond in kind to the privilege of being part of this family – this Body of Christ called Trinity Presbyterian?

We provide a means for you to delve deeply inside yourselves and consider your passions – your gifts – your most spirited interests in serving. It’s called the Call to Service Survey. As much as we can outline on paper ways of serving and delighting in God, we use this Survey to tap into your call according to what/when/where/how your heart is stirred. Consider this your opportunity to say how you want to continue your current ministry or an opportunity to try something new. Look for the Call to Service Survey coming soon. I await with great anticipation your sense of how God calls you!

Grace and Peace,  
Pastor Shelley

### DECEMBER Worship Attendance

	<u>9:30</u>	<u>11:30</u>	<u>Total</u>
12/05	158	43	201
12/12	198	N/A	198
12/19	150	41	191
12/26	106	N/A	106





**January 2**

*Jn 1:1-18; Jer 31:7-14;  
Ps 147:12-20; Eph 1:3-14*

**January 9**

*Baptism of the Lord-Communion  
Mt 3:13-17; Isa 42:1-9  
Ps 29; Acts 10:34-43*

**January 16**

*Ps 40:1-11; Jn 1:29-42*

**January 23**

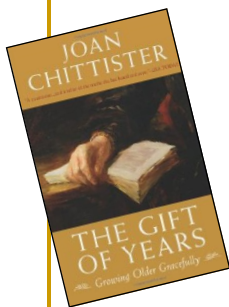
*Mt 4:12-23; Isa 9:1-4;  
Ps 27:1, 4-9; 1 Cor 1:10-18*

**January 30**

*Youth Sunday  
Micah 6:1-8; Mt 5:1-12*

**NOVEMBER 2010 SESSION MEETING HIGHLIGHTS**

- ◆ Reception of new members: Each prospective new member shared his/her faith journey that brought them to Trinity. Motion to approve Lynn Barnard, Marsha Brown, Ann Fincham, Bob Fincham, Kim Geist, Cindy Hall, Dorothy Hall, Louise Henstock, Lee McGee, Susan Winter and Mit Winter as new members was approved.
- ◆ Approved service by Susan Bozeman and Lou Nell Gustavson as offering depositors. Susan will partner with Scott Anderson, and Lou Nell will partner with Marilyn Leinacker.
- ◆ Request to solicit camp scholarships/donations from the congregation to help Trinity children/youth attend camp next summer was approved.
- ◆ Motion to provide up to \$2,000 to cover a bonus and associated Board of Pension dues for Pastor Shelley was approved.
- ◆ 2011 Budget worksheet was reviewed line by line with some committee requests revised.



**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.**

**CONGRATULATIONS**

to  
**Joseph Wanjohi-Njoroge**  
who was  
**naturalized**  
as an  
**American**  
citizen  
in  
**November 2010!**



**DE-HANGING OF THE GREENS**

Can you still wield a screwdriver?  
Still like to climb ladders?

Well, if you do (or even if you don't!), please join us for the annual **DE-HANGING OF THE GREENS, SATURDAY, JANUARY 8, at 9:00 a.m.,** as we take down the decorations until next year.

*With regard to the Su Anne - Kent Ivey Wedding: Thank you to Shelley, Kate, and the Session for permission to hold the wedding, including the Service of Communion, at Trinity on Saturday, December 18th. It was a beautiful expression of Trinity's Mission Statement.*

*Rev. Alden and Enid Hickman*

*Our thanks to Blue Ribbon Carpet Cleaning from Manhattan for cleaning our sanctuary carpet for no charge.*

*MANY thanks to all the Trinity folks who helped in 2010 with folding and mailing the Talking Trinity newsletters and who covered for me in the church office. Your generous support is a blessing in my life.*

*Sincerely, Becky Crowl*



# Celebrating a **BIRTHDAY** in **JANUARY**

Sun, Jan 3	Sheryl Daniels
Mon, Jan 4	Meaghan Ricks
Tue, Jan 5	Debra Copley
Thu, Jan 7	Evelyn Halbert
Fri, Jan 8	Ruth Jenkins
Fri, Jan 8	Elaine Alexander
Sat, Jan 9	Jan Waide
Sun, Jan 10	Thelma Dekle
Mon, Jan 11	Joyce Adcock
Wed, Jan 13	Ryan McAdoo
Wed, Jan 13	Clare Higgins
Wed, Jan 13	Marvin Burris
Thu, Jan 14	Eric Hampton
Thu, Jan 14	Michael Stufflebean
Sat, Jan 16	Evelyn Amthauer
Tue, Jan 19	Will Brubaker
Tue, Jan 19	Kelly Hamilton
Tue, Jan 19	Beverly Thompson
Wed, Jan 20	Reed Schoffelman
Wed, Jan 20	Jill Greer
Thu, Jan 21	David Ross
Thu, Jan 21	Chuck Pullen
Thu, Jan 21	Zarif Botros
Thu, Jan 21	Kem Sloop
Thu, Jan 21	Carl Rundell
Fri, Jan 22	Muriel McClenny
Sat, Jan 23	Stuart Troutman
Sun, Jan 24	Bette Engler
Tue, Jan 26	Wade Inloes
Tue, Jan 26	Madison Loschke
Wed, Jan 27	Fern Freeman
Fri, Jan 29	Meredith Higgins
Sat, Jan 30	Don Smith
Sun, Jan 31	Rick Huffman

## **JANUARY** *Anniversaries This Month*

Tue, Jan 5	Marvin & Susan Burris
Wed, Jan 6	Stan & Peggy McAdoo
Thu, Jan 7	Duane & Martha Huizenga
Sat, Jan 30	Jeff & Linda Dolezal

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

### **What is God's Vision for Trinity?**

Being a member of Trinity is an awesome experience. Each Sunday, there is strong, dynamic worship. We can volunteer for great mission projects, and Trinity has many wonderful opportunities for fellowship. We even have a balanced budget for 2011! It would be easy for us to sit back and think how great we have it at Trinity. But God doesn't sit back and rest in complacency, but instead is continually active in our lives and in the life of Trinity. We at Trinity also need to be continually active in following God's direction.

The Long-Range Planning Team, along with Session and committee members, has been practicing discernment to learn God's will for Trinity. Discerning God's will means listening and paying attention to God's leading. Listening to God isn't easy and takes practice. Members of Session and their committees have been practicing discernment through "holy conversations." These "holy conversations" have included looking at where Trinity is in the life cycle stages and looking at God's Word to Trinity in Scripture and in hymns. Key to all these conversations have been three questions----Who are we? What does God want Trinity to do or be? Who are our neighbors?

Out of these "holy conversations" have come many wonderful comments. People have said "We have a lot to offer and are very supportive of our members" and "We are blessed with a very solid and good staff." Some people have said "We have a fruitful ministry. We have a faithful identity," and "There is a lot of energy at Trinity." Others have talked about Trinity as a mission church saying, "At Trinity there's a tremendous amount of energy for mission and for outreach," and "I feel we are reaching out to people who're searching."

These "holy conversations", however, have also expressed concern for Trinity. These include such comments as "It seems that on Sunday morning there is nobody here but us old people. I find this a little worrisome. We aren't bringing in new people," and "There are too few children at Trinity." Other concerns include such comments as "Fewer people want to take on leadership roles" and "There are fewer committee members and just less volunteers", and "I feel we are in decline because of membership being down." Someone also pointed out that "We may be feeling quite comfortable. Being comfortable can be threatening to the life of the church."

The Long-Range Planning Team is prayerfully considering these comments and will be continuing to have "holy conversations" with Trinity members. The ultimate goal, of course, is to listen to God's direction for Trinity so that we can follow God's will as we practice our faith. As we enter a new year, join us in praying for Trinity and listening for God.

In God's Love, Jane Williams, Elder-Long-Range Planning



**Lynn Barnard**  
Lynn's two children are Audrey and Jacob. She is Marilyn Leinacker's daughter.

**Marsha Brown**  
Marsha is the Volunteer Coordinator at KS Department of Corrections. Her Bachelor's degree from K-State is in Early Childhood Education. She enjoys sewing, reading, and K-State sports.

**Ann Fincham**  
Ann is a teacher at Robinson Middle School. Her education includes Hutch Juco, a BA in History from Sterling College and her teaching certificate from University of Colorado, Colorado Springs. Ann enjoys gardening, reading, biking, and sewing. She's interested in information, world events and people. She values her faith, her family and her heritage.

**Bob Fincham**  
Bob is an architect with Tevis Architects. His BA is from KU. He enjoys sports, golf, sailing, and biking. He is interested in reading, travel, and music. He and Ann have three children: Ethan, Lindsey, and Elizabeth.

**Kim Geist**  
Kim is a Quality Management Specialist at the Topeka VA Center. She enjoys travel, swimming, fitness, nature, animals, and spending time with family and friends. Her BS is in Business Administration. She writes, "I feel that every day is a blessing." Kim is Rosetta Cassell's daughter.

**Cindy Hall**  
Cindy is a retired homemaker. She enjoys skiing, knitting, gardening, decorating. Cindy is interested in board or card games, travel, reading, cooking and baking, as well as being outdoors. She has five children: Curt, Jill, Sean, Mike, and Melanie.

**Dorothy Hall**  
Dorothy is retired and enjoys sewing and the joy of her great two grandchildren. She is interested in reading, exercising, and helping other people. She writes, "I know I love people and our church."

**Louise Henstock**  
Louise is retired from teaching foreign language. Her hobbies include music, piano, reading, and writing. Louise is interested in knitting, crocheting, gardening (flowers), travel, and animals. Her education includes a BA from Grove City College (with honors in French and German) and graduate courses from several universities. She and Tom have a daughter, Deborah.

**Rev. Tom Henstock**  
Tom, as retired Presbyterian pastor, is a member of the presbytery rather than a congregation. Tom was ordained in Centreville, Michigan in 1962. He enjoys gardening, the violin, reading, and horticulture. Tom is interested in Kansas culture, classical music, and singing. His BS is from Michigan State University and his M.Div degree is from Pittsburgh Theological Seminary.

**Lee McGee**  
Lee is a Teacher's Aide at Topeka Collegiate. He enjoys any kind of art or craft; D.I.Y.; keeping fit, and football (soccer to us Americans). Lee received his education in England mainly in art/design and graphics. Lee is the husband of Pastor Kate.

**Susan Winter**  
Susan has an antique booth at B & J Antiques. She enjoys playing golf, antiques, watching sports, cooking, and photography. Susan is interested in socializing, people, home décor, yoga, and travel. After graduating from Topeka West High, she earned her BA from Washburn. She and Mit have two talented sons, a beautiful, smart daughter-in-law, and three adorable grandchildren.

**Mit Winter**  
Mit is in Technical Sales with Alexander Open Systems. He enjoys sports (basketball, football, and baseball), fishing, coaching, collecting, and snow skiing. Mit is interested in reading, travel, politics, food, cooking, teaching, western art, and his three grandchildren. His BS is from Washburn and his B.Ed. is from KU. Mit writes that he's a hopeless skeptic and optimist who loves yoga.





Thank you to everyone who helped make the **Advent Skit and Chili Dinner** such a success! We made over \$500 to go toward our mission activities, like next summer's mission trip to El Salvador. Hooray!

**JANUARY** is all about getting ready for Youth Sunday...that means creative worship planning, hilarious commercials, and lots of hard work! Please come be a part of it – we will have a place for you!

January 2, 12:30 pm-2:00 pm: Get pumped for lunch & Youth Sunday planning!

January 5, 6:30 pm-7:30 pm: Youth Council meeting

January 9, 12:30 pm-2:00 pm: Hooray for lunch & Youth Sunday planning!

January 16, 12:30 pm-2:00 pm: More lunch & Youth Sunday planning!

January 23, 12:30 pm-2:00 pm: Surprise...time for lunch & Youth Sunday rehearsal!

January 29, 10:00 am-12:00 pm: Final Youth Sunday Rehearsal!! PLEASE BE THERE!

January 30, 9:30 am (but be here by 8:30!!): **YOUTH SUNDAY** We will lead the worship service, followed by the Annual Meeting & Potluck.

The youth are always excited to meet other members in the congregation and share lunch with them. If you would like to support our youth ministry and laugh with some fantastic teenagers, feel free to contact Pastor Kate about providing lunch on a Sunday afternoon.

#### SAVE-THE-DATE

**Triniteens' Second Annual  
Dinner & Auction  
Sunday, March 13  
5:00 pm**

Do you have something to donate for the auction? Would you like to follow up with something from last year? Please contact Pastor Kate or Debra Ricks-Copley!

## FELLOWSHIP COMMITTEE

*Thank you to the following* for providing fellowship treats and serving coffee in recent weeks: Fern Spaulding, Craig Stafford, Becky Jones, Lynn Weaver, Alice Langley, and Vicky Walters.



### FELLOWSHIP FRIDAY January 14th - 6:00 PM

Restaurant: Sweet Pea's 3106 S. Kansas Ave

Day care Provided-5:30- 9:00 PM (sign up sheets in the Narthex)

A cozy, warm evening with friends on a chilly night.

Join us in enjoyable fellowship the *Trinity* way!!



## 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.



### News from Adult Education Opportunities at Trinity

Judy Messenger will continue to lead the **Bible Study Class** in Fellowship Hall.

**Christian Perspectives Class** is starting a series on Immigration led by the Peacemaking Committee.

**Faith Journeys Class** will be starting a new study on January 9th. It is titled the Power of Forgiveness. We will be watching a DVD and studying and having discussion led by the book.

There is **excitement** about all of these offerings. Do plan to come and share at 10:40 am each Sunday.

### 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/weebelieve/weefamily.htm](http://www.pcusa.org/weebelieve/weefamily.htm) to help their children connect to the lessons at home.

**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.

### January 3 Sunday School

Bible Study Class will meet in Fellowship Hall. Holiday Sunday school (all ages) will meet in Creation Station. Theodore Musick will lead our class. Come prepared for a fun interactive experience with hand bells.

### CAMP HEARTLAND SUNDAY

January 23 is Camp Heartland Sunday. Michael Megraw from Camp Heartland will be at Trinity from 9:00 a.m.—1:00 p.m. on Sunday, January 23 to answer questions about camp. Michael will visit the children's Sunday school classes and meet with the youth group from 12:30—1:00 p.m. Wear your camp attire to church!

### Sunday Morning Trinity Office Volunteers:



**10:15—10:45 a.m.**

**January 2** Judy Williams

**January 9** Carol Shannahan

**January 16** Louise Cunningham

**January 23** Marilyn Leinacker

**January 30** Mary Kresie

### THANK YOU TO TRINITY'S NURSERY VOLUNTEERS

*Welcome to new nursery volunteers Linda Dolezal and Jane Hart! Thank you for joining in our ministry to young children and their families.*



We are now scheduling nursery volunteers for January through May. Additional new volunteers are still needed, especially for 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

Please contact Karen Brown at 273-3448 or [ksbrown2003@sbcglobal.net](mailto:ksbrown2003@sbcglobal.net) to volunteer or if you have any questions about the nursery. *Thank you to every one of the special people who have volunteered in Trinity's nursery during 2010, and Happy New Year to all!*



**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.

**On December 5, the children and youth of Trinity presented two awesome skits.**

The children performed “From the Manger” by Dixie Phillips and the youth presented their version of “Mrs. Magi” by Richard Ruddle. A magnificent chili feed followed the productions with the Triniteens raising over \$500 for their mission projects. Thanks to the many volunteers who helped with the pageant and the chili feed.



**Sunday School Classes  
On a Mission**

The Sunday school classes (infant through adult) collected canned good for doorstep. The Kindergarten – Second Grade class collected the most canned goods (101 cans). Several of the Sunday school classes indicated they would like to do this again.



**SANCTUARY FLOWER MINISTRY**

Flowers on **December 5** were provided to the glory of God by **Julie Friedstrom** in loving memory of her mom on her **December 5th** birthday.

Poinsettias adorned the sanctuary on **December 12 and 19** and were provided to the glory of God and dedicated to members' loved ones.

Flowers on **December 26** were provided to the glory of God by **Jim and Ruth Jenkins**.



### 2010 CHRISTMAS DEDICATIONS

The beautiful **Poinsettias** that graced the sanctuary of Trinity Presbyterian Church this Christmas were dedicated to the Glory of God and the following Loved Ones:

#### *Donor*

Ann & Bob Fincham.....Daughter, Jessie Fincham  
 Bryce & Mary Kresie ..... Kevin Kresie  
 Bud Spencer & Family..... Becky Spencer, Brad Spencer  
 Church & Muriel McClenny ..... Anita & Shelton Cook, Thelma & Duane McClenny  
 Debra & Mike Stufflebean..... Debra's parents, Jacqueline & John Guiou  
 Franke A. Stickley.....Mr. & Mrs. C.M. Stickley; Mr. & Mrs. F.L. Shane  
 Galen & Von Unruh.....Henry & Mary Unruh, Duane Kusy  
 Harold Snyder ..... Merline Snyder  
 James W. Sloan ..... Floyd & Marie Sloan  
 Jim McCormick ..... James & Jane McCormick  
 Jim & Peggy Morford ..... Clint Morford  
 Jim & Ruth Jenkins ..... Family members & friends  
 John Cokeley Family..... Janice Cokeley-loving Wife, Mother & Grandmother  
 Jon & Toni Farrell-Higgins .....Janice Higgins (Jon's mother)  
 Judy Williams & Family ..... Don & Jeffrey Williams  
 Kenneth McKeever ..... Dorothy McKeever  
 Leah Fulton & Family ..... G. C. Fulton  
 Lynn Weaver ..... My Dad, Ken Durstine  
 Marion Reynolds.....My loved ones  
 Michael & Lee Langfitt .....Bill & Betty Langfitt, John Meredith  
 Mit & Susan Winter ..... L.A. "Andy" & Enid I. Anderson, & Shipman Winter  
 Nancy Crockett..... My wonderful husband, Bill  
 Norm & Claudia Jackson..... Ed Jackson, Herb & Evelyn Applebaugh  
 Pat & Connie Hubbell ..... LaVern Hall  
 Phyllis Todd.....The Rev. Dr. David H. Todd  
 Randall & Kay Graham Scott, Mitch..... Richard L. Graham  
 Graham, Charlie & Melinda Graham.....  
 Rick & Becky Jones ..... Dick & Mabel Jones, Harold Carr Sr.  
 Robert Crow ..... Parents William & Elsie Crow, & daughter Alice  
 Ross & Fern Freeman..... Our parents & brother  
 Tootie & Dave Cantwell .....Danny Cantwell  
 Virginia Allen .....Harold Allen

#### *Donor*

Ann & Bob Fincham  
 Becky Schooler  
 Frank & Helen Rhodes  
 Jenny & Greg Lee  
 Lynn Weaver  
 Mary Nestor  
 Norm & Claudia Jackson  
 Rick & Becky Jones  
 Shelley & Forrest Craig

#### *In Appreciation of:*

Children Ethan & Elizabeth  
 Fincham  
 First Place 4 Health  
 Our family  
 Our parents & children  
 My mom, Helen Durstine  
 Family  
 Our family  
 Hazel Carr  
 Our 4 granddaughters:  
 Kaitlyn, Karis, Emerson  
 & Adrianna

## Endowment Fund



Trinity has an endowment fund—it is your fund that can serve to leave a legacy for you and your family for years to come. As the Endowment committee, we're always grateful for those of you who remember Trinity in your planning. As you plan your legacy that you leave behind you or as you are able to gift Trinity with a legacy during your lifetime, following are questions you may be asking yourself:

What motivates me to want to name Trinity's Endowment Fund in my estate planning documents?

Why should I give to Trinity's Endowment Fund when there are so many worthy charities always asking for help?

How can I be certain my gift will be used for the purpose it is intended?

I feel I should pass on my resources to family members. Is there any way I can pass my resources to my family and also pass a certain sum to The Endowment Fund without impairing any of the funds that I intend to go to my family?

What is required to make a gift to The Endowment Committee?

What are the tax benefits to me and my family for making a gift to The Endowment Committee?

While it's likely each of you seek answers unique to your personal situation, the Endowment Committee members (Dennis Williams, Chair; Ross Freeman, Connie Hubbell, Michael Langfitt, Galen Unruh) are delighted to discuss any of these questions with you. It is our hope you will remember The Endowment Fund as you make planning decisions.

### **Trinity's Home Communion Ministry**



Could you, would you bring the wine?  
 Could you, would you bring the bread?  
 Could you, would you come visit me?  
 It would mean so much. For you see  
 I am homebound and am not able  
 To come to the Communion Table.

**To find out more about this rewarding opportunity to minister to the needs of our homebound members, contact Pastor Shelley or Susan Bozeman (272-3568).**

This faithful service to our homebound involves:  
 Minimal time – One-time training – Flexible schedule

**TRAINING SESSION**  
**SUNDAY, JANUARY 9, 2011**  
**4:00 – 5:00 P.M.**  
**CHURCH PARLOR**

## MISSION COMMITTEE

Trinity delivers on the first and third Monday of each month.

To help, contact Cory at [cory.schoffelman@bartwest.com](mailto:cory.schoffelman@bartwest.com)



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



### News about Trinity Presbyterian Church's Program to Support the Doorstep Food Pantry-

Our most recent delivery to Doorstep's Food Pantry totaled 283.0 pounds and total food donations for 2010 are 2,091.3 pounds. Thank you for another great year of providing food for the hungry in Topeka.

Items Doorstep always needs are powdered milk, egg noodles, paper sacks, canned fruit, pork & beans, tuna, jelly, oatmeal, rice, pinto beans, boxed dinners, canned soups, macaroni & cheese, canned milk, peas, crackers, and cold cereal. Please place your non-perishable food donations in the Doorstep box in the lobby.

*Thank you for all you do to help feed Topeka's hungry!*



## PEACEMAKING

### News from El Salvador

The recent visit of Carmen and Oscar, community leaders from Los Talpetates, El Salvador, was a grand success. They were quite busy throughout their visit. Here is a listing of places that they visited:

- Sun. Nov. 28-at Trinity Worship and Church school question and answer session. Party at Shelley's house
- Mon. Nov. 29-at Topeka High Spanish classes
- Tues. Nov. 30-McCarter (with Jenny Lee)/ Scott elementary schools Fritz farm visit (with Dave and Randall Scott)
- Wed. Dec. 1-Vida (evening)
- Thurs. Dec. 2-Ft. Leavenworth disciplinary barracks (Inmates have supported the community for the last ten years)
- Fri. Dec. 3-Amahl production (evening)
- Sat. Dec. 4-Wichita
- Sun. Dec. 5-at 1<sup>st</sup> Presbyterian, Wichita

We have learned that the school in Talpetates is thriving with about 350 students in Kindergarten through 8<sup>th</sup> grade. It continues to be recognized as a fine school in the region. Thank you for your continued support of the school. Because of your support of the Trinity Budget, we continue to provide salaries for two teachers, including the computer teacher, stipends for the three Casa Materna (health care) workers, supplies for the Casa Materna and the school, and a nutrition program for the school that provides lunch and snacks. Those who have contributed to the recent scholarship drive have provided scholarships for eight high school students through 2011 and into 2012. Thank you for your continued generosity!

Because of other generous contributions, a check will be sent at the end of the year to help the villagers buy needed food. After two floods this summer and fall, the cost of beans (the staple food) has tripled from \$ 0.50 per pound to about \$ 1.50 per pound. This was also reported by Carmen and Oscar during their visit. As we approach the 20<sup>th</sup> anniversary of the relationship with the people of Talpetates, we should reflect on the good friends that we have met and gotten to know by God's Grace.

The Peacemaking Committee has also been fortunate to receive grants from the Presbytery of Northern Kansas (\$ 3000) and the Synod of Mid-America (\$ 2000) in support of the projects in El Salvador in 2011. There will be money available to send Trinity members to visit El Salvador in July. If you are interested in going or would like more information, contact Anton Ahrens at [antonf@att.net](mailto:antonf@att.net).



# Do You Hear What I Hear?



*Do You Hear What I Hear?* And I'm not referring to that lovely, familiar Christmas carol. Taken literally, do you have good hearing? Hearing loss has numerous causes. One can be born with it (congenital) or it can be age related. Hearing loss can also result from viral & bacterial infections, strokes, trauma, or be noise induced.

Can you hear the blaring stereo from the vehicle two cars back, or what about those people with the "ear buds" listening to music much too loud? Previously, as a school nurse I was amazed and saddened by the number of students who had some degree of hearing loss....much too young!!!... Not like my dad who had been around loud noises all his life from farming. Noise Induced Hearing Loss (NIHL) is what this article will focus on for it is considered 100 % preventable. People of all ages are at risk for developing this type of hearing loss. Prior to OSHA standards requiring auditory/ hearing protection, one often saw this type of hearing loss among industry laborers. It is still prevalent in the farming community; but with education & implementation of safety precautions, this too has diminished.

Every day we utilize this precious gift, experiencing the many sounds in our environment. According to the National Institute on Deafness, approximately 15 percent of Americans between the ages of 20 and 69—or 26 million are affected by noise induced hearing loss. However, when we are exposed to loud sounds (measured in decibels) or loud sounds that last a long time, sensitive structure (called hair cells) in our inner ear can become damaged. These small, sensory, hair cells convert sound energy into electrical signals that travel to the brain. Higher frequency (high pitched) sounds are the first to be lost. **Once damaged, our hair cells cannot grow back, resulting in permanent hearing loss.** This loss can be gradual or immediate, and may be accompanied by tinnitus—a ringing, buzzing, or roaring in the ears or head—which can be continuous throughout one's life or may subside over time.



<http://www.nidcd.nih.gov/health/hearing/noise.asp>

Exposure to these loud sounds can be caused by work or leisure activities. Recreational activities might include target shooting and hunting, snowmobile riding, woodworking and other hobbies, playing in a band, attending rock concerts, monster truck rallies or car races. Harmful noises at home may come from lawnmowers, leaf blowers, and shop tools."

**Just How Loud IS TOO Loud?** According to the website: <http://noisyplanet.nidcd.nih.gov>

**110 Decibels - Regular exposure of more than 1 minute risks permanent hearing loss.**

**100 Decibels - No more than 15 minutes of unprotected exposure recommended.**

**85 Decibels - Prolonged exposure to any noise at or above 85 decibels can cause gradual hearing loss.**

The following are examples of decibel levels emitted by different noises.

150 - Firecracker

120 - Ambulance siren

110 - Chain saw, rock concert

105 - Personal stereo system at maximum level

100 - Wood shop, snowmobile

95.- Motorcycle

90 - Power mower

85 - Heavy city traffic

60 - Normal conversation

40 - Refrigerator humming

30 - Whispered voice



So how do we protect this wonderful gift from God? First, we need to know which noises in our environment are over 85 decibels because these are hazardous and can cause serious damage. Secondly, we need to take the necessary steps to protect ourselves, and especially our children! A good rule of thumb is to avoid noises that are "too loud" and "too close" or that last "too long." If one is unable to avoid these noises, wear earplugs or other hearing protective devices when involved in loud activities. There are specialty ear protection devices that just diminish the loudness (decibel noise level), but doesn't filter out the sound....used by people in industry & band directors. Finally, if you suspect hearing loss, have a medical examination by an otolaryngologist (a physician who specializes in diseases of the ears, nose, throat, head, and neck), and a hearing test by an audiologist (a health professional trained to measure and help individuals deal with hearing loss).

I hope and pray that you are able to listen to the music for the rest of your life, enjoying this wonderful gift of God, so that you can truly hear and sing, "Do You Hear What I Hear?"

Wishing you a Happy & Blessed New Year!

Kathy Welch, Parish Nurse





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## RETURN SERVICE REQUESTED

### 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](http://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.*



### 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>