

Trinity Lutheran Church  
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# The Messenger

July 2, 2017

Trinity Lutheran  
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## This Week at Trinity: July 2-9, 2017

### Sunday—July 2<sup>nd</sup>

6:30 a.m. "Living Hope"...KBSI 23, Cable Channel 9  
 8:00 a.m. Lutheran Hour.....AM Radio 960 KZIM  
**8:00 a.m. Worship Service w/Communion**  
**10:30 a.m. Joyful Song Service**  
 10:30 a.m. Service Broadcast....AM Radio 960 KZIM

### Monday—July 3<sup>rd</sup>

### Tuesday—July 4<sup>th</sup>

Deadline for weekly Messenger articles  
**Church Office Closed**

### Wednesday—July 5<sup>th</sup>

1:00 p.m. .... Prayer Shawl

### Thursday—July 6<sup>th</sup>

5:30 p.m. .... Board of Gospel Outreach  
 6:30 p.m. .... Board of Christian Care  
 7:00 p.m. .... Board of Finance  
 7:00 p.m. .... Board Stewardship

### Friday—July 7<sup>th</sup>

TLY St. Louis Trip

11:00 a.m.....Trebleaires

### Saturday—July 8<sup>th</sup>

**6:00 p.m. Worship Service w/Communion**

### Sunday—July 9<sup>th</sup>

6:30 a.m. "Living Hope"...KBSI 23, Cable Channel 9  
 8:00 a.m. Lutheran Hour.....AM Radio 960 KZIM  
**8:00 a.m. Worship Service**  
 9:15 a.m.....Bible Classes/Cross-Training  
**10:30 a.m. Worship Service w/Communion**  
 10:30 a.m. Service Broadcast... AM Radio 960 KZIM

*Women's Bible Class sponsored by  
 Gospel Outreach Board*

### **FIGHT BACK WITH JOY!**

Mondays, 6:00 p.m. • July 17– August 21  
 Church Fellowship Hall

Sooner or later, we find ourselves on the battlefield of life and struggle to know how to respond. But God says, "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's" (2 Chronicles 20:15). God wants to empower us to fight back with joy! Trinity ladies and friends are invited to join us for this 6 week Bible study that will encourage you to celebrate more, regret less and stare down your fears. Please contact Bev Hickam, 270-3542 or email [bhickam@mineralarea.edu](mailto:bhickam@mineralarea.edu), by July 12 if you plan to attend so materials may be ordered. (Required study guide is \$13.00).



## Chemo Bags

### List of Items:

- Lip Balm
- Travel Size hand sanitizer
- Warm, Fuzzy Socks
- Hard Candy (assorted)
- Coloring Book/Puzzle Book
- Unscented lotion for dry skin
- Reusable plastic cutlery
- Wisp Portable tooth brushes

These bags will go to children with cancer at St. Louis Children's Hospital. There will be donation boxes set up in the lobby of the church for collection of the above items. We will be collecting items for these bags over a two week period.



SUNDAY JULY 16 @ 2 PM MOVIE  
TRINITY LUTHERAN CHURCH SANCTUARY  
MARTIN LUTHER – “THE IDEA THAT CHANGED THE WORLD”

500 years ago, Martin Luther triggered a seismic upheaval that rocked the western world—with an impact that continues to reverberate throughout the world today. This entertaining new movie filmed in historic locations across Europe, brings Luther’s adventurous action packed story to life. This is the first time in more than 60 years that a feature-length film has been made about Martin Luther and the Reformation.

More importantly, it's a story about the questions of life, including "Who am I?" "What is my purpose" and "How do I get in right standing with God?" It’s a way to strengthen our faith by revisiting the birth of the “Reformation”, and a chance to share that experience with others.

The screening of this movie is a perfect community outreach opportunity. Please invite your family, friends and neighbors to share Martin Luther’s life and to celebrate the upcoming 500<sup>th</sup> Anniversary of the Reformation.

Sponsored by Gospel Outreach Board

**Caregivers** - If you are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness; then you are invited to attend a **FREE 6 week workshop** designed by Stanford University. Caregiving can be an extremely demanding job and many caregivers experience isolation and burnout. 2 trained facilitators from the **Samaritan Regional Health Clinic** will guide the workshops, facilitate interactive activities, and provide support. The sessions will be at **Trinity Lutheran Church (basement fellowship area) 100 North Frederick St in Cape Girardeau on Fridays beginning July 14<sup>th</sup> and ending August 18<sup>th</sup>. Sessions last 2 hours from 1:30 to 3:30 pm. Starting at 12:30, Trinity’s Parish Nurse Ministry will provide a meal, health screens and relaxation activities for participants.** The complementary meal is provided from a grant from **Thrivent Financial**. Space is limited to the first 20 registrants. **To register for the “Building Better Caregivers” workshop, please email [gwenmaloney.srhc@gmail.com](mailto:gwenmaloney.srhc@gmail.com) or call 573-837-9015.**

**Benefits of attending:**

- Develop skills to cope more effectively with your stress.
- Learn how to deal with difficult emotions like frustration, fear, and loneliness.
- Communicate more effectively with family, friends, and health professionals.
- Take better care of your own health while caregiving.
- Learn how to manage difficult behaviors, angry outbursts, and violence from your loved one.
- Plan for the future by setting goals and working toward them.
- Get support from other caregivers and sharing your experience.
- Discover resources in our area.
- Tips on how to provide even better care.