



# THE AMBASSADOR

### Special points of interest:

- ◆ June 4th - Happy 4th of July (Office Closed)
- ◆ July 8th-12th - Office Closed
- ◆ July 18th - Barb @ Skyline 10:30 am, Beehive 12pm & BTMC 1:45pm
- ◆ July 23rd - Council Meeting at 7pm

## Stewardship of our civic freedoms

As Americans celebrate the birthday of our nation, we give thanks for our civic freedoms of speech, religion, assembly, due process, a speedy trial, voting and many more. Our freedom has made us the envy of much of the world.

But as with any valuable gift, our civic freedoms can be abused, neglected or underappreciated to the point where, if we aren't careful, they hardly matter anymore.

Lutherans are guided by Martin Luther's insight that we are simultaneously called to be responsible citizens of "two kingdoms" – first, of God's spiritual realm, and second, of earthly governments of people and laws. The synergy of our "dual citizenship" directs us to be good stewards of our civic freedoms.

**Freedom of speech:** Yes, even hateful speech and lies are protected under our Constitution, but Christians avoid them in obedience to Jesus' command to love our neighbor as ourselves and by the Eighth Commandment, which Luther explains in *The Small Catechism*: "We should fear and love God, so that we do not tell lies about our neighbors, betray or slander them, or destroy their reputations." We steward this freedom by speaking honestly and insisting others do, too.

**Freedom of religion:** Millions of people across the globe, including Christians, face persecution and discrimination because of their faith. We dare not take our freedom for granted, but exercise it with joy and defend the rights of others to follow their own consciences.

**Freedom from illegal prosecution:** Our guarantees of due process in legal, criminal and civil proceedings uphold justice and guard against government misconduct. It works imperfectly, as do all human systems, but as good stewards we fight for justice and the rights for all.

**Freedom of self-governance:** With its interconnected checks and balances, our three-branch system of government provides stability, accountability and flexibility for change. It's a great system, but it requires us to be informed and involved. We steward this freedom by participating in political processes, voting and insisting on honest government that works for our interests.

This month, as citizens of both God's spiritual realm and the United States of America, we renew our commitment to be good stewards of the freedoms we are privileged to have.

--Rob Blezard

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Everyone is invited to our  
**Annual BBQ Picnic**  
 At Sherman & Ginny Abbott's  
**August 4th, 2019 at 2 pm**

There will be a potluck/barbecue on Sunday, **August 4, 2019** at 2:00 pm, at the residence of Sherman and Virginia Abbott in their picnic area.

They live up Teton Canyon Road about 18 miles. When you reach mile marker 18, turn right at the black iron gate. Their picnic area is in the grove behind the old wagon. Parking is permitted on either side of their driveway and you need to walk about 50 feet to reach the picnic area.

Please join us for an afternoon in the foothills of the Rockies and enjoy the view. We are asking everyone to bring a potluck side dish. The Abbott's have been so kind as to donate the meat for the potluck this year, thank you Sherman and Ginny!

PLEASE BRING YOUR OWN CHAIRS  
 PLEASE NO DOGS OR SERVICE ANIMALS



You are invited to join Trinity's **Prayer Ministry** each Wednesday at **8 am** to lift before the Lord our petitions for our congregation, our community, our nation and our world.

Contact the church office 466-2291 for more info.



Call the office if you have a prayer request. We are here for you!



## UPCOMING SUNDAY READINGS

<b>July 7:</b> Isaiah 66:10-14 Psalm 66:1-9 Galatians 6:[1-6] 7-16 Luke 10:1-11, 16-20	<b>July 14:</b> Deuteronomy 30:9-14 Psalm 25:1-10 Colossians 1:1-14 Luke 10:25-37
<b>July 21:</b> Genesis 18:1-10a Psalm 15 Colossians 1:15-28 Luke 10:38-42	<b>July 28:</b> Genesis 18:20-32 Psalm 138 Colossians 2:6-15 [16-19] Luke 11:1-13

Join us for our **Digging Deeper Bible Study** every **Tuesday morning at 8:00 am** in the cloak room.



### Prayer Shawl Ministry

Prayer Shawls are for anyone, for any reason. These warm, cozy shawls are knit and crocheted with love and prayers.

We are looking for people that are willing to knit and pray over new shawls for those in need. Please call Michelle Hensley at 590-5321, or Bonnie Thompson at 466-5407 for more information.

## Upcoming Events

### Flathead Lutheran Bible



#### LABOR DAY FAMILY CAMP

**Date:** August 31- September 2, 2019

**Ages:** All

Join us this Labor Day weekend for one last summer celebration with your family! Camp staff will lead children and youth in classic camp activities such as Bible study, worship, games, hikes, and more. Adults will gather together for special facilitated time of study and discussion led by Pr. Molly and Allen Sasser-Goehner. All join together for worship, fellowship, and games! Enjoy all that FLBC has to offer during this great family retreat: swimming, stand-up paddle boarding, crafts in the Art Barn, sailing, high and low ropes team building, and much more!

#### TO THE MOUNTAINS: AN ADULT WILDERNESS EXPERIENCE

**Date:** August 31-September 2, 2019

**Ages:** 18+

**Cost:** \$195/person

Spend your Labor Day weekend enjoying the diversity of God's creation in beautiful NW Montana! Join our trained FLBC staff both on foot & by water as we spend an overnight backpacking, a day rock climbing, and a morning sailing on Flathead Lake. Experience the glory of the wilderness alongside new friends and dive into Scripture as you see God reflected in the landscape around you. No previous wilderness experience required, all community gear and food provided.

#### HOLDYN VILLAGE TRIP

**Date:** September 22-26, 2019

**Ages:** 18+

**Cost:** \$525/person

This trip will begin at FLBC, from there traveling together by van to Wenatchee, WA for an overnight, before continuing to Holden Village, nestled in the Northern Cascades near Chelan, WA. Spend three nights at Holden Village experiencing fantastic food, gorgeous scenery, hiking, worship, and study time together. Register online by July 1st!

**For More Camp Information Please see the Brochures on the Table in the Breezeway or go to [www.flbc.net](http://www.flbc.net)**



Creator God,

You have called these youth and families to new adventures at Flathead Lutheran Bible Camp. Be with them as they travel, that they might arrive safely. Encourage them in new friendships, new experiences and new conversations, that their time might be enriching and empowering.

Immerse them in the glory of your Creation, that their faith might be strengthened through worship & fellowship under the wide Montana sky. We pray for the staff and volunteers of FLBC, guide them in their work and show them your light through the campers, day after day.

Gracious Redeemer, keep each and every person safe, as they hike, swim, play, and sleep, and grant them strength, energy, and joy as they experience the love of Christ at FLBC.

In Jesus Name we pray. AMEN

### The Church Office



**Will Be Closed:**

Danae, the church secretary, will be on vacation July 8th-12th. There will not be anyone in the office but she will still be able to answer phone calls and get in contact with an LPA in a case of emergency.



**Congratulations on Your Confirmation**

## Ella Birkeland

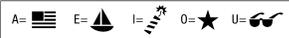
May the Father always watch over you, may the Son ever bless you, and may the Spirit ever guide you.



### "IN DEPENDENCE" DAY!

Always live "in dependence" on God.

Directions: Use the vowel code to complete Psalm 16:8, NIV.



k \_ p my \_ y \_ s  
lw \_ ys \_ n th \_ L \_ RD.  
W \_ th h \_ m \_ t my  
r \_ ght h \_ nd,  
w \_ ll n \_ t b \_ sh \_ k \_ n.  
Ps \_ lm 16:8, N \_ V

Answer: I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Psalm 16:8, NIV



Loving God, we thank you — the true Father of our country — for the blessings of this land and the gifts of cultures around the world. Prompt us to strive for justice for all, at home and abroad. Remind us, in the words of the hymn, that “this is our Father’s world” and that your goodness prevails. Amid tragedies and conflicts, guard us against despair. Help us focus on the kindness evident daily: from generous neighbors to conscientious public servants (because most are). On Independence Day and every day, “O let [us] ne’er forget that though the wrong seems oft so strong, God is the Ruler yet.” Amen.  
—Sandy Hyland

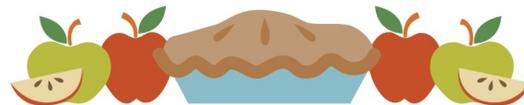
### Paper Shredding

Thank you to all who brought papers to shred and who so generously donated to the Teton County Food Pantry. Over 40 people attended, 20 large bins of paper were shredded and to date, \$895.00 has been donated to the Food Pantry. Excellent way to manage financial information wisely and live generously.



### PIE Sale

Thank you to everyone who donated pies and baked good and/or gave monetary donations to the TLC Preschool Pies and More Bake Sale. A total of \$642.01 was raised for scholarships for our preschoolers. Thank you, also, to those who came Saturday morning to set up and sell and to all our good customers.



...to all who filled a bottle for the Echoz Pregnancy Care Center. Your generosity will touch many lives.  
...to TLC Church Council for their Leadership and hard work.  
...to Dana Isakson and Nola Mosher for working in the flower beds.  
...to Reidun Erickson for cleaning the freezers downstairs.

.....  
We are in the process of updating our church directory. Please fill out the form below so that we can have working phone numbers and mailing addresses on file. The information you provide will be used for our church directory and newsletter when required.

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Mailing Address \_\_\_\_\_ Physical Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_

Email \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Spouse's Birthday \_\_\_\_\_ Spouse Email \_\_\_\_\_

Children Names & Birthdays \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Mark any you would like to be involved in:

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Usher                 | <input type="checkbox"/> Lector      |
| <input type="checkbox"/> Greeting              | <input type="checkbox"/> Acolyte     |
| <input type="checkbox"/> Running the Projector | <input type="checkbox"/> Altar Guild |

I would like to receive the Ambassador (Trinity's Monthly Newsletter):

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Via Post Mail | <input type="checkbox"/> Via Email |
|--|------------------------------------|

When finished completing the form, please mail or drop off at the church office. Thank you!



## Trinity Lutheran Council Meeting Minutes June 11th, 2019

1. Council President Gloria Lannen called the meeting to order at 7:02 pm with Brad Asselstine, Neal Wedum, Donna Dyr Dahl and Dana Isakson present.
2. Gloria led opening devotions from "Gather" about hearing God's voice in many different ways-even in silence and God will keep calling. "Listen-God is calling"
3. Correspondence
4. Neal moved to accept the Agenda with additions, Donna sec, MP.
5. Neal moved to accept the Secretary's Report as submitted for May 14<sup>th</sup> meeting, Dana sec., MP. Neal moved to accept reports for May 26 Special Meeting and June 9 Special Congregational Meeting, Brad sec, MP.
6. Neal moved to accept the Treasurer's Report as submitted, Donna sec., MP.

### Committee Reports

1. Music & Worship – Will meet June 23<sup>rd</sup>.
2. Evangelism –Posters and cards at Visitors Center.
3. Pre-School – Pie Sale took in over \$600 for scholarships.
4. Education- No Ecumenical VBS this year.
5. Trust report reviewed-Pew Cushions are in place
6. Christ Crew
7. WELCA – Meetings June 14-15 in Oregon & September in Great Falls.
8. Altar Guild
9. Youth
10. Building & Grounds – Parsonage windows have not come in yet. Discussion on getting parsonage clean and prepared for potential resident. Brad has worked on sprinklers for watering church and parsonage. Garage door opener has been replaced.
11. Call Committee- Official Letter of Call to Kim Petersen was signed by President and Secretary and will be mailed June 12.
12. Stewardship- Snippets in bulletin

### Old Business

1. Bylaw Committee-will meet before fall
2. Audit Committee – will meet in June.
3. Update Membership – continues- encourage people to give working phone numbers.
4. Call Process – Letter of Call to Kim Petersen, will be mailed June 12, 2019.
5. AED – First aid classes.
6. Council Retreat in fall

### New Business

1. Upcoming Events – Outdoor Service, Church Picnic dates
2. Good of order- Donna moved that Betty Lou Deuchler's name be removed from all Trinity Lutheran Church and Preschool bank accounts, Brad sec, MP.
3. Reception Committee for New Pastor – plans for welcoming – gift cards to fill her cupboards and MT made items.

The meeting was adjourned at 7:52 pm and was closed with the Lord's Prayer.

The next meeting will be on Tuesday, July 23rd, 2019 at 7:00 pm.

Dana Isakson, Council Secretary



## Hepatitis

Hepatitis is a liver inflammation, generally caused by a virus. Hepatitis A, hepatitis B, hepatitis C are distinct diseases. Each has unique symptoms and treatments. Recreational drugs, alcohol and some prescription medications may cause hepatitis. Hepatitis is diagnosed based on symptoms, medical history and liver enzymes (blood test).

Hepatitis A (HAV) - caused by hepatitis A virus, is highly contagious. Severity varies from a mild illness of several weeks' duration to severe disease lasting several months. Hepatitis A is generally spread by eating or drinking something contaminated by feces (poop) from someone who has the virus, eating shellfish from water contaminated with the virus, eating contaminated ice. Hepatitis A is rarely dangerous or fatal. Symptoms might include: jaundice (yellow cast to eyes and skin, dark urine), abdominal pain, loss of appetite, nausea, fever, diarrhea, fatigue. Children with hepatitis A may experience fewer of the symptoms. Hepatitis A is contagious from 2 weeks prior to symptoms appear through the first week of acute disease. You may be contagious without symptoms! Other risk factors include living with or having sex with someone infected with hepatitis A and travel to countries where hepatitis A is common. Additional risk factors include injecting street drugs, man-to-man sex, children and teachers in daycare.

Generally, hepatitis A does not cause any long-term complications. However, 10-15% of people with hepatitis A will experience symptoms that may linger over a 6-9 month period. There is not specific medication to treat hepatitis A. Treatment generally consists symptomatic or supportive care and monitoring your liver via lab tests. Adjunct treatment consists of rest, eating to control nausea while maximizing high-calorie foods, fruit juices and milk. Avoid alcohol. Take only essential medications and with medical provider input.

There is a vaccine for hepatitis A, 95% effective for a duration of 20+ years for adults. It is 85% effective for children for a duration of 15-20 years. Your health care provider will recommend the vaccination based on one's lifestyle and underlying health status. Vaccination is the best defense to hepatitis A. If you have a known exposure an immune globulin shot within 2 weeks of exposure may provide protection from overt illness. Good hand washing with soap and water is first line defense after using the bathroom, before and after handling food, changing a diaper or providing personal care to another. If you travel to an area with poor sanitation, do not drink tap water or eat raw food. If you are positive for hepatitis A you may prevent spread of the disease to others by avoiding sexual activity, washing your hands after using the bathroom and not preparing food for others.

Hepatitis B (HBV) - caused by hepatitis B virus, may be mildly symptomatic for a short time for some to a life-long infection for others. 90% of infants who contract hepatitis B virus will carry the virus for entire lifetime. Long-term consequences of hepatitis B are serious - liver damage, liver failure and liver cancer. Hepatitis B is spread via contact with blood or body fluids of an infected person. Unprotected sex, sharing needles, razors or toothbrushes with infected persons. An infected mother can pass the virus to her baby during childbirth. It is not spread by simply touching, hugging, sharing food or coughing. Persons at risk for hepatitis B are those with multiple sex partners, or injectable street drug users, health care workers exposed to blood or body fluids, living with someone with chronic hepatitis B.

Hepatitis C (HCV) - 25% of those with hepatitis C experience a short-term infection. Others will carry the virus in their body long term. Chronic hepatitis C may lead to serious complications - liver failure and liver cancer. Hepatitis C is spread via infected blood. In the US, sharing needles among street drugs users is most common cause of infection. Getting a tattoo or body piercing with an infected needle is another route of exposure. A mother may pass the virus to her infant during childbirth. Hepatitis C is rarely spread via unprotected sex but having multiple sex partners or HIV increase risk. People with a history of injecting illegal drugs at any time in their life are at risk for chronic hepatitis C - even if the drug use was many years ago. Since the early 1990's blood for transfusions is screened for hepatitis C virus. Chronic hepatitis C may be characterized by memory problems, chronic fatigue, memory problems, mental confusion and depression.

To your good health,  
*Ardene Zion, RN*

July 2019



**Trinity Lutheran Church**

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U.S.  
Postage  
Stamp

Phone: 406-466-2291  
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E-mail: choteautlc@yahoo.com

Our Mission is to:

*Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that Jesus has commanded us."*

Matthew 28:19-20



Please check our website for updates to the newsletter and other important information about upcoming events. [www.choteautlc.com](http://www.choteautlc.com)

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Visit our website  
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A great amount of information right at our fingertips.