



THE AMBASSADOR

Special points of interest:

Nov 3 - All Saint's Sunday, Brawl of the Wild, Music & Worship Mtg after service

Nov 10 - Brawl of the Wild, Veteran's Day Prayer Service @ 11:15am

Nov 11- No Book Study, Veteran's Day

Nov 12- Council Meeting @ 6:30pm

Nov 17- WELCA Thankoffering Service, Altar Guild Training

Nov 20- Advent Festival @ St. Joseph's 6-7:30pm

Nov 24- Christ the King Sunday, Luther League Breakfast after service, Community Thanksgiving Dinner @ Baptist Church

Nov 28- Thanksgiving Holiday (Office Closed)

It's an exciting time of year to be part of Trinity Lutheran Church!

Our education programs have started back up. Our Searching for Sunday reading group has been meeting regularly at the parsonage, and each Wednesday night the church is filled with joyful noise as our youngest disciples learn about God' love. We have over 30 students grades pre-K through 12 who are nourished by dinner and the Word!

We also have just hosted our annual lutefisk dinner. Like me, you may not be a lutefisk fan. Like me, you may not be (very) Norwegian. But regardless of our genetic roots, through this meal we recognize the heritage of our spiritual ancestors who founded Trinity over a hundred years ago. More importantly, the event and its preparation provide opportunities for fellowship, deepening relationships, and evangelism as we welcome many through our doors who may not normally attend this or any church!

In addition to celebrating the founders of this particular congregation, we also celebrate other saints who have gone before us on All Saints' Sunday on November 3rd, and the great reformers on Reformation Day, celebrated on Sunday October 27th. And at this time when we remember our roots, it's also a great time to reflect on what it means to be Lutheran, and how we both honor the traditions of the past and move forward as Church together. It's a time to remember what is central to our faith. One specific way we will do so as a congregation is both a change and a return to an earlier tradition: by offering Holy Communion on a weekly basis. Why? Keep reading!

In the 16th century Martin Luther, a devout Catholic, fought against corruption in the Church. Although he never intended to break away from Roman Catholicism (and would later fight against the term "Lutheran" that we use today), debates with the Church in Rome eventually turned into excommunication and Protestantism was born.

One of Luther's major concerns was the centrality of Word and Sacrament. He recognized that these two ideas are inseparable. In American culture, often we hear "Word" and often think "Bible". And indeed, the Bible is extremely important! But the "Word" isn't just our sacred text. The Gospel of John begins, *"1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things came into being through him, and without him not one thing came into being. What has come into being 4 in him was life, and the life was the light of all people. 5 The light shines in the darkness, and the darkness did not overcome it."* The "Word" isn't just ink on paper; it isn't even only a text inspired by God. The Word is Christ Himself: in existence before time began, a full person in the Holy Trinity. And we receive knowledge of the Word through our readings and preaching. And so proclamation of the Gospel and other biblical texts is a crucial part of our worship each Sunday and festival day. ... continued

INSIDE THIS ISSUE:

Upcoming Events	2
Upcoming Events	3
Thank Yous	4
Announcements	4
Announcements	5
Council Minutes	6
Parish Nurse	7

Upcoming Events

In some ways therefore each of our services is the same. And yet, each occasion for worship is different. Each is special, because the Word of God never changes and yet our individual understanding of it and where we are in our lives does!

But readings and preaching and even prayers are not the only crucial parts of our worship because we are a people of both Word AND Sacrament. These two ideas are deeply interconnected. Not only does God's word via our preaching and reading inspire and connect us, but the sacraments allow us to connect with THE Word—Christ—in a tangible way. They are not peripheral to our worship but central. One of Lutheranism's two sacraments—baptism—we can only receive once, although we are encouraged to remember our baptism as often as possible. But the other sacrament, Holy Communion, can and should be received frequently.

This was one of the major issues with which Luther dealt. Long story short, during the middle ages, the sacrament was often only made available to the laity a few times a year. On other occasions, communion was consecrated—but was only consumed by priests. Luther's understanding of the scriptures, however, was that Holy Communion wasn't just meant for the priesthood, but for everybody. Furthermore, he argued that the "Mass" (i.e., consecration and consumption of Holy Communion in the context of worship) should be made available as often as anyone wished to receive it.

Pretty much immediately, people started asking the same question that some congregations ask themselves today: "So how often should we have Holy Communion?" Luther addresses this question in the Augsburg Confession: *"...On holy days and at other times when the communicants are present, Mass is celebrated, and those who desire it receive the sacrament. Thus the Mass remains among us in its proper use, as it was observed formerly in the church. This can be demonstrated from St. Paul (1 Cor. 11:23-33) and from many writings of the [Church] Fathers"* (XXIV:34). In the Large Catechism, Luther describes the sacrament as a great treasure *"which is daily administered and distributed among Christians."* And when the city of Nuremberg, Germany reached out to Luther for specific instruction regarding frequency of the Lord's Supper, to which Luther responded, *"Should anyone request my counsel in this way, then I would give this advice:...that you should celebrate one or two Masses in the two parish churches on Sundays or holy days, depending on whether there are few or many communicants...that way we should compel no one to receive the Sacrament, and yet everyone would be adequately served..."* (Letter to Lazarus Spengler, August 1528).

Luther understood communion as a gift of God that is a means of grace. Through the Holy Supper we receive forgiveness and communion with our God. It isn't the only means of grace. It's not the only way to receive forgiveness. It's not the only way to connect with our loving and merciful God, it's not the only way to experience God tangibly, and it's not the only way to connect with other Christians across the globe and throughout time. But it is a mandated and important way, given that our Lord and Savior has directly instructed to partake of it ("Do this, in memory of me"), and that Jesus himself spent so much time eating with people during his time on earth—not only his disciples but sinners of all kinds. Ultimately, we don't partake of Holy Communion because Luther tells us to; we do so because Christ tells us to.

The tradition of Trinity Lutheran, like many American Lutheran churches, has been to offer Holy Communion twice a month. If Luther was for offering the Lord's Supper as often as there were people who desired it, and if the early church likely had reception of the Lord's Supper as the focus of weekly worship, then how did Protestantism and specifically Lutheran churches end up offering it less often? The answer is complicated—see me if you want to know more—but has to do with trends in American religious history as well as with pragmatics in both the early settlement of the West and in the settlement of the "New World" by Europeans, there was a shortage of clergy, and communion could only be distributed when clergy were available. No LPA program back then! As a result, churches became used to sharing the Lord's Supper only on occasion and, like Lutherans everywhere, we tend to cling to "the way we've always done it".

... continued

Breaking with tradition can be hard—even when it's in order to return to an older tradition! Many of you may have gone to Trinity for a large portion of your lives—in some cases, all your lives—and not experienced the Lord's Supper every week. This will be a change for you, and change can be difficult. But just as Luther emphasized the importance of offering Communion regularly, he also made it clear that individuals might not and should not feel compelled to partake in it every time. I personally know that I need a tangible sign of God's grace every week, but if you aren't comfortable with doing so right now, that's okay! The main thing is making the Lord's Supper available to those who wish to have it. And if you choose not to—that is totally fine! Please use that time to engage in prayer and contemplation. Come forward for a blessing or to pray at the altar. Stay in your seat and dwell on the readings for the week. A little more time with God is always a good thing!

And as we continue our tradition of focusing on both Word and Sacrament, use this time of transition to focus on your own faith life. What does the Lord's Supper mean to you? How does having it—or not having it—affect your faith and your life? And talk to me about it! I would love to hear how this transition affects you and your faith. If you have concerns, by all means, let's get together for coffee or lunch and talk about it!

My prayer for all of us during this busy but blessed time is that we remember that we are both a church grounded in tradition and a church *semper reformanda*: always reforming. In a world where many things change at a rapid pace, it's important that we stay grounded in our identity as Christians, as baptized children of God. May this shift to weekly communion help us to remain grounded in our baptismal promises.

With Christ's Love,
Pastor Kim.

Altar Guild Training:

Through Holy Communion we receive God's grace, mercy, and forgiveness. It's a central part of our worship and a tangible way that we are reminded of God's unending love! This meal of the whole church isn't just about the pastor and words that she says; it's about the gifts of God, Christian unity and the way we are indeed all one body! Therefore, our tradition is that the people of God not only serve communion along with the pastor but also help with its preparation. The way we do this is through Altar Guild. Among other things, altar guild participants put out the wine, grape juice, and wafers each week, and make sure that our communion ware (cups, plates, cloths, etc.) is in good condition. Anyone can help with communion in some way or another, including our young people, and on most weeks this preparation can be done at a time that fits your schedule! We are very thankful for our Altar Guild volunteers and also are seeking more people to help with this important ministry. In order to facilitate this, **we will be offering an Altar Guild Training right after church on Sunday, November 17th.** During this time Pastor Kim and Eva will show you what to do--and will also provide you with pizza! We encourage both new and returning members of Altar Guild to attend!

Thank
You!



...Eva Anseth and Sally Lee for organizing and planning the Lutefisk dinner.

...to Dana Isakson for organizing the lefse making and to all that helped with the making of the lefse.

...to all the ladies and gentlemen that helped make the meatballs and attended the peeling party.

...to all the hands and hearts who helped in any way to ensure the success of the Lutefisk dinner, your time and help was greatly cherished.

...to the planning work of the Worship and Music Committee.

...to Dana Isakson, Dave Zion and Brad Asselstine for cleaning up the flower beds, branches and leaves around the church.

Small Groups & Upcoming Events



Faith Formation Classes

Wednesday Evenings

Connect

Grades Pre-K-5th

5:15-7:00 pm

Affirm

Grades 6th - 7th

5:15-7:00 pm

Luther League

Grades 8th - 12th

6:15-8:00 pm



Youth Breakfast

Luther League will host a fall breakfast on Sunday, Nov. 24. The menu will include everyone's favorite: pumpkin scones! We greatly appreciate your support of our youth activities and hope you can join us for a morning of food and fellowship.

Would you be interested in sponsoring a breakfast? Each month we spend approximately \$100 on ingredients for our breakfast. As a sponsor (or join together with friends and split the cost) your donation covers the cost of groceries for the meal and then all congregant donations during Sunday morning breakfast will be profit for the youth. Interested? Questions? Please contact Jen Asselstine at 590-4280 or 466-3280. Thank you!

Do you have a heart for service? Are you interested in helping to welcome guests and visitors to Trinity? Would you like to find more ways to connect Trinity and the larger community? If so you are invited to join the Community Outreach Team. Our first meeting will be on Monday, November 18th at 1:00 PM. Please contact Pastor Kim if interested!



Lutheran Campus Ministry of the Montana Synod Special Offering Challenge

Are you a Griz or Cat fan? Put your donation supporting Lutheran Campus Ministry in your favorite teams' cup and see who is the winner in Choteau. All proceeds will equally benefit the Lutheran Campus Ministry's at U of M and MSU. Checks (made out to Lutheran Student Foundation), and cash can be left in the appropriate 'team' cup found in the back of the sanctuary Nov. 3-10.

Annual Report Time

Committee Reports are due by December 20th, 2019. If you would like a copy of last year's report to help you compose this year's, please contact the church office. Thank You



UPCOMING SUNDAY READINGS

November 3:
Daniel 7:1-3, 15-18
Psalm 149
Ephesians 1:11-23
Luke 6:20-31

November 10:
Job 19:23-27a
Psalm 17:1-9
2 Thessalonians 2:1-5, 13-17
Luke 20:27-38

November 17:
Malachi 4:1-2a
Psalm 98
2 Thessalonians 3:6-13
Luke 21:5-19

November 24:
Jeremiah 23:1-6
Psalm 46
Colossians 1:11-20
Luke 23:33-43

Don't forget to turn your clock back before going to bed on Nov 2nd.



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. If you would be willing to donate yarn skeins for this project, it would be greatly appreciated. Three skeins are needed to make one Shawl. Lion Brand Home Spun is a great quality yarn but any yarn would be fine. Please call Michelle Hensley at 590-5321, or Bonnie Thompson at 466-5407 for more information.

“Baptized & Set Free”

The Montana Synodical Women’s 2019 Convention & Gathering was held on Sept 27 & 28, 2019, in Great Falls at Bethany Lutheran Church. There were about 45 members in attendance and I was the voting member from Trinity -Choteau. Lois Bylund was the representative from Churchwide to encourage us to have Thankofferings at least once a year and to produce the box receptacles as useful resources for those offerings. Election of officers was also on the agenda.

The Gathering began on Saturday with the theme “Baptized and Set Free” from Ephesians 4:5-6. Pastor Julia Seymour from Big Timber led this Bible study. She has written many times for the Gather magazine and was a very animated speaker. Connie Hausauer led a book review of “Sensible Shoes” written by Sharon Garlough Brown about 4 strangers, as they embark together on a journey of spiritual formation at a retreat center and give each other support & have personal revelations of a deeper life with God. I enjoyed this book, as it represents the importance of relationships between women and God.

We had a special Thankoffering service with the installation of officers. We also had a silent auction of many baskets and items from each unit, as well as a “Free RummageTable” of priceless items for us to choose from and take home. We had a very enjoyable weekend and even though the weather did not co-operate, we all made the trips home to all parts of the state. The next convention will be in 2 years, with the place and theme to be announced. The WELCA Triennial Convention & Gathering will be in Phoenix, July 13-19, 2020, and we will be sending 4 voting members plus our President, Connie Hausauer. All women are invited to go to the Gathering. I plan to go. If you would like more information, let me know.

Gloria Lannen, Trinity WELCA Unit Chair



Advent Festival
Wednesday, Nov. 20
 6:00-7:30pm

St. Joseph’s Catholic Church

*Join us as we prepare our hearts and homes for the
 birth of our Savior!*

Connect Parents:

We will be starting Connect at TLC @ 5:15 pm and walking over to St. Joseph’s at 6 pm. Please plan to pick up your child(ren) there at 7:30 pm

*Trinity’s Annual Thankoffering
 Service will be on
 Sunday, Nov. 17*



For more than 100 years, Lutheran women have been setting aside coins and small offerings every day to give thanks for blessings in the ordinary and extraordinary moments of life. At a Thankoffering service, women bring their Thankofferings together to give thanks to God in worship and fellowship. Thankofferings go in full to support the church wide ministries of Women of the ELCA.

Financial Peace Live!

A FREE Live Stream Event

Wednesday, Nov 20th

6:30-9:30 pm

Choteau Public Library

Join us for an overview of the 7 Steps to Financial Peace

Questions? Call or Text Steve Dogiakos (406-203-4679) or Jen Asselstine (406-590-4280)



On Sunday, November 3rd, we join the Church universal in remembering our baptismal promises for those who have gone before us. During our worship service this day, we will commemorate our loved ones who have died in the past year. Please submit names of friends, family, congregation members, and other loved ones to the office no later than Wednesday, October 30th for inclusion in this special part of our worship.

TRINITY LUTHERAN CHURCH COUNCIL MINUTES- Oct 15th, 2019

1. Council President Gloria Lannen called the meeting to order at 6:32 pm. Members present were Brad Asselstine, Annie Olson, Dave Zion, Matt Morris, Dana Isakson, Neal Wedum and Pastor Kim Peterson.
2. Pastor Kim led opening devotions. Embrace the seasons of Life - Every day is a gift.
3. Correspondence-A thank you letter was received from Flathead Bible Camp. Two letters of resignation were shared from Donna Dyrdaahl and Jessica Anthony. Gloria nominated Tanner Lee to fill in for Donna Dyrdaahl's term to Jan 2021. Dave 2nd passed. Gloria nominated Bonnie Thompson to fill in for Jessica Anthony's term to 2020. Brad 2nd passed.
4. Dave moved to accept the Agenda with one addition, Brad sec, MP.
5. Pastor's report- Pastor Kim reviewed report with highlights on Education, transition of Communion weekly, and due to rescheduling of installation, the Retreat will be a stewardship meeting for a couple of hours in the near future.
6. Annie moved to accept the Secretary's Report, Dave sec., MP.
7. Dana moved to accept the Treasurer's Report as submitted, Dave sec., MP.

Committee Reports

1. Music & Worship – Darlene Depner has stepped down. Myrna will play through 1st Sunday in Nov. Jason Asselstine and Laura Halverson have offered to help fill in. Ideas for musicians are welcomed.
2. Evangelism –Pastor Kim reported that this committee will be split and renamed. 1. Congregational Care- Dana represent Council. 2. Community Outreach - Gloria represent Council.
3. Preschool – Annie reported classes going well.
4. Education- Dana reported Connect, Confirmation, Luther League and Adult Studies are underway. Methodists have joined us for Wed. nights.
5. Trust - No Report
6. Christ Crew - Neal reported 8 kids worked with him to shovel out several people after snowstorm.
7. WELCA – Gloria attended Convention in Great Falls. Thankoffering Service in November, Annual Meeting in February with making fleece quilts.
8. Altar Guild - is willing to do Communion weekly.
9. Youth
10. Building & Grounds – office window, Steeple will wait until Spring, branches need to be moved from parking lot before installation. Thanks to Brad and Dave for cleaning up broken branches at parsonage.
11. Stewardship- we will meet within 6 weeks focusing on Gratitude.

Old Business

1. Bylaw Committee
2. Audit Committee – will meet soon.
3. Update Membership - Gloria and Dana have met; ongoing
4. First Aid - AED Annie has not received grant info yet.
6. Council Retreat- Cancelled due to Installation, will have 2 hour meeting on Stewardship.

New Business

1. Pastor Kim Installation will be Oct. 20, 2019 with Bishop Laurie Jungling presiding with Communion. A reception will follow. Gloria also has a gift for Pastor Kim from church and WELCA.
2. Nomination Committee/new members to fill terms. Was addressed earlier in meeting during correspondence when resignation letters were read.
3. Installation Gift - Neal moved to send a one-time monetary gift of \$200 to NRIT (Northern Rockies Institute of Theology) in recognition of Pastor Kimberly Peterson's Installation, Dave 2nd, MP.
4. Good of the Order/Upcoming Events/Weekly Servers signed up
5. Lutefisk Money - partial funding request that a percent of dinner proceeds go to ELCA World Hunger. Discussion will be held at the next meeting.

Meeting was adjourned at 7:40 pm and was closed with the Lord's Prayer.

Next Meeting Nov. 12 6:30 pm

Dana Isakson, Council Secretary



Your Winter Wellness

In preparation for winter, we think about our cars, our yards, our homes and where we stashed our boots, hats and gloves. We grumble about the pending cold. But, do we make preparations for our body?

Good hydration and good nutrition are vital to winter wellness, preventing or recovering from illness. Plan to have items in the pantry and freezer that can be prepared in the event of illness; or if the weather prohibits you from safely leaving your home due to severe cold, ice or snow depth. Suggested items for a pantry include: dried and canned beans, whole grains, rice, cooking oils, seasons and flavorings, dried fruits, sugars and or sugar alternatives, nuts and seeds, peanut butter or nut butters, vinegar, potatoes and sweet potatoes, garlic, onions, squash, canned vegetables and fruits, baking supplies.

Hydration: It is vital to stay well hydrated for wellness, mind clarity, muscle and joint health, digestion, circulation, exercise/activity tolerance. Drink water, supplemented with sports drinks if you are exercising or working out in extreme weather.

Exercising in the winter may be more of a challenge as one has to get dressed for outdoors, etc. Multiple options are available to reduce the risk of falling while walking on slick streets and walkways. Options include: workout packages (some insurance covered) at area physical therapists, several gym programs, yoga classes, spinning class, swimming at the motel. Be creative to get in your paces: make loops up and down all the aisles at the store, walk up and down hallways extra times or around your entire house interior several times a day.

Participate in an exercise program for balance and safety. These programs include walking forward, backward, sideways and diagonally, general leg strengthening, stair-stepping and may even include how to get up off the floor in the event of a fall without serious injury. Many falls can be prevented with good balance recovery and capacity to step backward or sideways.

Dress in layers. This provides better insulation and warmth for the body and makes it more convenient when entering a heated building to prevent over-heating. Suggested layers would be: a perspiration-wicking material next to the skin (ex. polypropylene), your garments, a wool or fleece layer, then an outer layer of a breathable, waterproof outer layer. Cotton next to the skin becomes moist with perspiration and holds the moisture. Experiment with garments and layering based on the activity and exercise you will be performing. Wearing a pair of polypropylene liners in gloves or mittens helps protect hands and fingers. Many options are available to make walking on ice less treacherous if one must be out when roads and walkways are slick.

Handwashing. Wash your hands when you get home after being out. More upper respiratory, stomach "flu" bugs and influenza are prevalent during the colder season. People, some infectious, congregate in areas without a lot of fresh air from the outdoors. Some cough, some sneeze, etc. You can go a long way in protecting yourself with a good handwashing and a drink of water upon returning home or prior to eating in a congregate setting. If you are sitting near someone who is coughing or sneezing and cannot move to another location, wash your hands, face and any exposed skin and change your clothes as soon as possible. Anyone with compromised immunities due to illness, medications or chemotherapy must take extra precautions.

Speak with your health care practitioner, pharmacist or public health about a flu shot and a pneumonia vaccine.

To your good health,
Ardene Zion, RN

November 2019



Trinity Lutheran Church

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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

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Paper forms of this newsletter are available at the church in the breezeway.

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