



trinity

LUTHERAN CHURCH,  
MISSOURI SYNOD

# Trinity Trumpet



January 2014 Newsletter



## Inside this issue:

Just in Time	1
Ministry news	2
Bible Study Groups	
Lutheranism 101 Class	
Interested in Praying for Special Needs?	
Needing Altar Guild Volunteers	
Keeping Romance Alive	3
Viola Potter Memorial Donations	
Important Dates	4
Volunteers for the month	
Prayer List	5
A Spiritual RX for Body and Mind	6
Camp Lutherhoma news	
Christian Radio Stations	
January Calendar	7

Dear Friends in Christ,

Back in the 80's, the division where I worked automated material tracking in a DuPont factory that made fascia car bumpers out of polymer. Each day, the car assembly plant sent its orders for the car model and color and quantity of each bumper to make. The ordered bumpers were injection molded, painted, packed and shipped that night to the assembly plant just in time to be mated to the right car. Most assembly processes work "just-in-time" today to save inventory cost and assure parts are there when needed.

Just in time. The Lord is come. That's when. Human-kind waited over 4,000 years for this Savior, who showed up according to God's plan. He was not early or late, but at the right time. John the Baptist, the one preparing the way for the Christ came just weeks before him. He prepared

## *Just in Time*

the people to receive Jesus as the one calling for repentance and baptizing with the Holy Spirit. He made all things new for people who believe.

We start the new year looking forward and thinking about time. We wonder if money will come in time to pay the bills. We wonder if vacation will come before we get too stir crazy. We wonder if this will be the year for our dream to flourish in glory. We wonder what will happen with our family and our church this year. So many possibilities .... For the righteous ones, the Savior's saving work has redeemed us from being overly concerned with the things of the world because we look forward all the way to Jesus coming again. Because He will complete his sanctifying work in us just in time at the resurrection, our heavenly home is secure. So we can focus on today with confidence. We can pray



for the outcomes we want this year and God promises to hear us. After all, God invites us to come to him in prayer. Between looking forward to heaven and trusting God's promise to hear our prayers, we should be able to find restful sleep, free from the cares that distress unbelievers. We can expect all things to happen in God's time as he assures us. It may not be our time, but in God's eyes it will happen "just in time" and for our benefit. Have a very blessed and joyous New Year! Amen.

Yours in Christ,

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ." (Philippians 1:6, ESV)

## MINISTRY NEWS

### Evangelism

I am planning on getting more signs placed around the Krebs/McAlester area. Also distributing Evangelism cards.

*Denise Hosay*

### Youth

Our Wednesday Youth Night will start again on January 8th at 7:30 pm

*Loretta Meyer*

### LWML

Our monthly meeting will be on Saturday, January 11th at 9 am. I would like to invite all the women in our congregation to attend and be a part of wonderful fellowship, devotion and working on our mission and fundraising projects.

*Loretta Meyer*

### Fellowship

No events scheduled

*JoAnn Pigg*

### Social Ministries

*My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever. Psalm 145:21*

We are grateful for the donations from Kiamichi Vo-Tech but it was lower than expected so we will more than likely be asking for non-perishable food donations through out the year. We have assisted 4 families this month.

*Teresa Dove*



### BIBLE STUDY GROUPS

Clayton Bible Study Tues., January 7th 6:30 pm  
 Bible Class before worship service, Sundays 9:15 am  
 Jr. Confirmation every Wednesday 6 pm  
 Youth night every Wednesday 7:30 pm ( )  
 Pigg Cell Group Thurs. January 2nd & 16th 7 pm  
 Lutheranism Prospective Class Wed., January 8th & 22nd 7 pm

### Lutheranism Prospective Bible Study Group Scheduled

A new evening Bible study group "Lutheran Perspective on the Christian Faith" is scheduled to meet starting January 7th. It meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 7 pm. Rev. Clif Loman is leading this group as they read the book, "Lutheranism 101." It is a very informative look at the core Lutheran beliefs with the scriptures and confessions that define them. Please sign up and pay for your book, \$20, so that we can have enough copies. See Clif to purchase your book.



### Interested in Praying for Special Needs?

People call often asking for special prayers for some urgent need. Denise Hosay is putting together a list of people willing to pray immediately for such a need as comes to us. The names will form a chain of persons, each one calling the next on the list and describing the prayer request. Person 1 calls person 2, who calls person 3 and so on until the list is complete. If you are willing to join Trinity's Prayer Warriors, sign up on the sheet in the Narthex. Our goal is to use only phone contact so that the information is spread quickly. There is also a level of confidentiality in such requests so social media posts are not suitable, while email is not swift or reliable. It takes a commitment to keep your phone on and charged and ready. That's what makes it a labor of love even to participate. May God bless this ministry and you!

### Needing Altar Guild Volunteers for 2014

Attention ladies of the Altar Guild and newcomers who would like to serve on Altar Guild. A general description of duties are setup for communion, fill candles with oil, change banner and paraments on the altar. We have a sign-up sheet on the cabinet in the church kitchen. Please choose as many months that you are willing to serve. If you are a newcomer and would like to serve on the Altar Guild feel free to sign up; one of us will be happy to explain the duties and train you. Any questions or need more information please get with or call Loretta Meyer at 918-916-4471, Teresa Dove at 918-297-2991 or the church office 918-426-4544.

## Viola Potter Memorial Donations

The family of Viola Potter requests that memorials be made for her to the Hope House shelter for women and children. Memorial envelopes are in a rack in the narthex for your convenience. You can mail donations in the envelope and earmark them as a memorial to Hope House. That way, the family will get a nice certificate of thanks noting the donations.



## Keeping Romance Alive by Mitch Temple

Life has a way of chipping away at our marriages: jobs and job related travel, in-laws, church activities, activities with the kids, conflict and misunderstandings. Most of us run at the speed of light, wake up one day and realize, "Huh. I don't feel very close to my spouse anymore." The truth is that it happens to the best of us.

Here are a few simple methods I have learned throughout the years to revive romance in a stale marriage.

### Start Dating Again

Go out at least once a week. It doesn't have to be an expensive date – just something simple. A brown bag dinner in the park, a walk around the lake, a cup of cappuccino at a coffee shop or simply putting the kids to bed early and just talking will often do the trick. Or, revisit the things that you did when you were dating, like going to a movie, the theatre or a nice relaxing dinner for two.

After being "pulled apart" by all the pressures of modern life, it is impera-

tive to reconnect each week. If you don't, you won't feel close.

### Make Yourself Attractive

Here's the irony: If you make yourself more attractive, your spouse will often become more attractive to you. Quite often, changes that you make in your appearance can precipitate changes in your spouse just as positive actions often breed positive reactions.

Other suggestions:

- Go to the gym together.
- Walk with your spouse three to five times a week.
- Buy new clothes, and throw out those ugly sleep shirts/pajamas.
- Change habits.
- Shave the beard (men only), or change your hairstyle.

### Get new eye glasses, or try contacts.

### Make a List

Determine what it is that makes you feel attracted to someone. What attracted you to your partner in the first place? What are the things that you find attractive that

you would like to see in your spouse? What gets your attention?

### Communicate Your Desires to Your Spouse

Do so in non-threatening, judgmental ways.

For example, you could say, "Honey, let's make some changes. We are both in a rut. We've changed over the years and lost some of the spark in our marriage. Let's change how we treat each other. Let's call each other during the day at work. Let's change how we look. Let's walk together each evening." Avoid using "you" statements. Use "I feel" or "I need" instead.

Try writing a letter as an alternative to face to face communication, especially if you feel they will react negatively.

### Do Your Research

Attraction doesn't *just occur* in a marriage. It is something that must be worked at. Often the process of bringing attraction back begins with education and basic communication. Read books and research articles on the Web that discuss reviving romance and attraction.

### Do Good Things – Daily

Doing good things doesn't necessarily re-

quire spending a lot of money. Simple things, like picking up your dirty underwear, giving a free back rub, preparing dinner, writing an appreciative note, hand picking flowers or taking on a chore that your partner normally does, build intimacy and closeness in your marriage like nothing else.

Attraction often follows on the heels of serving each other like you did in the early years of your relationship. Often it's the little things that count – not the big ones.

*Scripture teaches that marriage is ordained by God and part of His original design for us as well as a foreshadowing of our eternal relationship with Him.*

*Focus on the Family is primarily a donor-funded ministry. Copyright © 2009, Mitch Temple. All rights reserved. International copyright secured. Used by permission.*



### 2014 New Council Officers

The following officers were approved in the Voters' meeting held in December. We have 3 positions still open and if you would like to serve or know of someone that would like to serve please get with Clif Loman or Pastor. Please congratulate the officers and their willingness to serve.

President	<i>Clif Loman</i>	Fellowship	<i>Christina Wacker</i>
Vice President	<i>Primus Moore</i>	Social Ministries	<i>Teresa Dove</i>
Secretary	<i>Connie Loman</i>	Youth	<i>Loretta Meyer</i>
Treasurer	<i>Brenda Phipps</i>	Education	<i>Vacant</i>
Financial Officer	<i>Faye Drahos</i>	Trustee	<i>Vacant</i>
Elder	<i>Harold Dunlop</i>	Stewardship	<i>Vacant</i>
Evangelism	<i>Denise Hosay</i>		



#### BIRTHDAYS

- 2nd Maggie DeFrange
- 4th Gregory Collins
- 5th Jake Billos
- 8th Vicki Lyles
- 10th Clinton Cosgrove
- 18th Daryls Hutten
- 19th Aaron Phipps
- 22nd Connie Loman
- 25th Pennie Opperman
- 27th Larry Ives (Potter)
- 29th Dorothy King

D  
o  
n  
o  
t  
F  
o  
r  
g  
e  
t  
t  
o  
R  
e  
m  
e  
m  
b  
e  
r



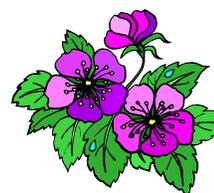
#### BAPTISMAL BIRTHDAYS

- 7th Clifton Loman
- 9th Joshua Meyer
- 26th Seth Gleichman
- 30th Jay Henson
- 31st Christina Wacker  
Robert, Jonathan  
& Larry Ives (Potter)



#### ANNIVERSARIES

- 14th Mark & Sadie  
Brueggeman



#### ALTAR FLOWERS for the Month JoAnn Pigg

### Volunteers for the Month



#### COMMUNION ASSISTANT Glenn Hosay



#### GREETER Denise Hosay



#### USHERS CAPTAIN Mike Collins



#### ALTAR GUILD

---

Praise God  
 for all our  
 dedicated  
 volunteers  
 that help  
 make our  
 services run  
 smoothly.

---

# LORD, we implore you to hear our prayers:

## ONGOING CONCERNS FOR OUR CHURCH, FAMILY AND FRIENDS



### For Healing

**Winfred Boriak** (Pastor's uncle), **Melissa Burdick**, **Delsa Curtis** (Rick Curtis' mother), **Debbie Galler** (Pastor Glenn's cousin), **Freda Gleichman** (Don Gleichman's sister-in-law), **Chad Hobbs** (Jade Burdick's cousin), **Denise Hosay**, **Kelly Jundt** (Glenn Hosay's cousin), **Ed Monizoes** (Denise Hosay's cousin), **Irene Meyer** (Pastor Glenn's mother), **Laura Moore** (Primus & Veronica Moore's daughter-in-law), **Ester Valenta** (Linda Valenta's mother-in-law)

### Thanksgiving

God guiding us in the new year to have Peace, Health and Happiness

### Special Needs

**Billie Moore** lower back problems, **Bill Moore** mobility problems (parents of Connie Loman and Teresa Dove), **Sonya** (Suzette Roberts sister, Clayton), heart attack, **Terrell Moore** (Primus Moore's brother) heart attack, **Steve Phipps** recovering from surgery, **Tanisha Gibson** (friend of Velva Jacobson) broken back, **Gary Dove** in skilled nursing, **Robert Stiedley** (acquaintance of Hosays) kidney failure, **Robert Yoast** recovering from knee & foot surgery & needs kidney transplant, **Braden Page** (acquaintance of Denise &

Glenn Hosay) with sinus cancer, **William Anderton** (Denise Hosay's brother-in-law) lung cancer, **Travis Goodnight** (Teresa Dove & Connie Loman's friend) cancer, **Aaron Wolfrey** (Mandy Loman's cousin) on liver transplant list, **Charlene Francis** (Peggy Gleichman's niece) cancer, **Gary Jundt** (Glenn Hosay's cousin) terminal cancer

### In Hospice Care

**Mary Elizabeth Borgelt** (Bill Borgelt's mother & Tessa Hamilton's grandmother), **Lyle Drews** (Doris Blake's brother)

### Serving in/with the Military

**Wesley Blake** (Doris Blake's grandson) **David & Courtney Guidry** (Teresa & Gary Dove's grandchildren), **Cole Jackson** (Connie Loman & Teresa Dove's cousin), **Robert Starry** (Mary Starry's grandson) going to Afghanistan, **Canaan & Alivia Potter** (Viola Potter's grandchildren), **Teddy Stevens** (Audrey Brown's brother)

### For Strength

**TJ Ingle** (Clayton), **Cristie & Katelyn Sullivan Denise Hosay**, **Peggy Gleichman family**, **Vic Jundt** (Glenn Hosay's cousin), **John Peasha Jr.**

### For Transformation

That we are feeling empowered by the Holy Spirit to keep inviting the lost to church so that God might save them and equip his kingdom workers at Trinity as evangelists.

### Prayer Focus for the Month of January Sanctity of Life



Please contact the office when a name can be removed or changed to another category



## A Spiritual Rx for Healthy Mind and Body

**Earlier studies have overwhelmingly shown a strong correlation between an active spiritual life and good physical health.**

by Lynn Waalkes

British researchers recently confirmed what many of us already knew or suspected: A vibrant spiritual life offers older people mental and emotional health benefits.

The study — of 28 recently bereaved seniors from various Christian backgrounds — found a clear link between spiritual belief and personal well being. Of the 28 participants, nine stated they had low or weak spiritual beliefs, 11 indicated moderate levels of belief and eight had strong beliefs.

### **Foundation of Faith**

Researchers interviewed participants on the first anniversary of their spouses' deaths, again, six months later, and also after

the second anniversary of their loss. Those with strong beliefs indicated they were adjusting well, while those without some foundation of faith showed signs of depression.

Earlier studies have overwhelmingly shown a strong correlation between an active spiritual life and good physical health. More than 40 studies comprising some 125,000 participants have indicated that those with strong religious beliefs live longer. One six-year study of elderly North Carolina residents, predominantly Protestant, reported that those who prayed or read religious material daily had a much better chance of staying healthy.

### **Stress Relief**

Some researchers surmise that prayer and Bible study act as stress relievers, protecting the immune system and offering an emotional cushion in difficult times. The notable exception

was people with religious beliefs that put a heavy emphasis on God's judgment over His love and mercy. The research indicated that guilt and fear of eternal punishment may actually damage health and increase stress.

For those of us who profess Christ as Lord and Savior, the take-away from these studies isn't simply a confirmation of the benefits of our belief in God. As we spend time with friends and family who are undergoing difficult times, we can offer them not only an eternal perspective to help them past temporal troubles, but a reminder that our health and emotional comfort can be found in our loving, heavenly Father.

Researchers surmise that prayer and Bible study act as stress relievers, protecting the immune system and offering an emotional cushion in difficult times.

## **Camp Lutheroma Gift News Can Our Lord, Jesus Christ, Bless Us Any More?!**

### **Two Recent Gifts Announced**

- Vern and Martha Garbe Estate - amount to be estimated at \$400,000, designated for capital improvements
- Minnie Wilgus Estate - amount to be estimated at \$75,000, un-

designated, and so will be used for our general fund.

I hope you were sitting down when you read that! God blesses us when we least expect it, and in ways we never could imagine. Our humble prayer to God is to

thank Him for His servants, Vern, Martha and Minnie. Campers, families, and retreat groups will benefit from these estates for DECADES to come! Thanks be to God!

### **The Lutheran Hour and Christian Radio Stations**

Instead of the same old radio station and music, why not try Christian music!

The Lutheran Hour	on KNED	1150 AM	Sunday Sermon at 9 am
KJRMLP, McAlester		93.3 FM	Christian music mix
KLOVE, McAlester, KTKL, Stigler		88.5 FM	Contemporary music
BOT radio		95.1 FM	Sermons and talk

# January 2014

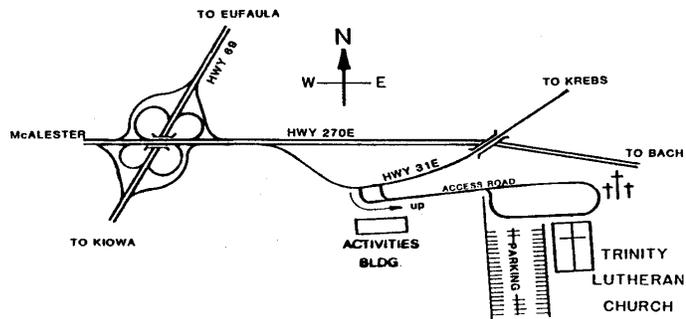
**USHER CAPTAIN**  
*Mike Collins*

**COMMUNION ASSISTANT** *Primus Moore*

**ALTAR GUILD**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Sunday Bible Study 9:15 am Holy Communion	6 Pastor's day off	7 Clayton Bible Study 6:30 pm	1 New Year's Day Holiday Pastor ↓ 8 Jr. Confirmation 6 pm Lutheranism Perspective Class 7 pm Youth Night 7:30 pm	2 Pigg Cell 7 pm On ↓ 9 Jr. Confirmation 6 pm Lutheranism Perspective Class 7 pm Youth Night 7:30 pm	3 Pigg Cell 7 pm	4 Jennifer Watkins funeral 10 am @ Yanush
12 Sunday Bible Study 9:15 am Officers Installed Council meeting Clayton Worship 6 pm	13 Pastor's day off	14 Pastor in Tulsa at Circuit meeting	15 Jr. Confirmation 6 pm Youth Night 7:30 pm	16 Pigg Cell 7 pm	17	18 Pastor's day off LWML meeting 9 am
19 Sunday Bible Study 9:15 am Holy Communion	20 Pastor's day off	21	22 Jr. Confirmation 6 pm Lutheranism Perspective Class 7 pm Youth Night 7:30 pm	23 Newsletter reports by council due by 9 am	24	25 Pastor's day off
26 Sunday Bible Study 9:15 am Clayton Worship 6 pm	27 Pastor's day off	28	29 Jr. Confirmation 6 pm Youth Night 7:30 pm	30	31	

**Trinity Lutheran Church  
Rt. 6 Box 777  
McAlester, OK 74501**



**JANUARY 2014  
Newsletter**