

---

# THE KINGSMAN

---



## TRINITY LUTHERAN CHURCH, SCHOOL & ECC

613 Court Street, St. Joseph, MI 49085 ▪ 269-983-3056 ▪ [www.discovertrinity.org](http://www.discovertrinity.org)



2009-2010 Theme: **“Christ is our Cornerstone” Ephesians 2:20, 21**

---

December 11, 2009

### PARTNERS IN PARENTING: “Care for the Heart!”

From Julian Petzold, Principal

Physical exercise is a great way to care for your heart. Your heart is vital to life. If your heart is not working well or operating at less than 100%, it will impact all areas of life. The heart beats about 100,000 times each day as it pumps 1,600 gallons of blood over 60,000 miles of vessels. Amazing! God has made our hearts to give the rest of the body life through the blood it pumps. Therefore, it is critical to care for your heart in order to get optimal productivity from it. Exercise, whether it is walking, jogging, lifting weights, aerobics, tennis, or anything else that increases your heart rate, is beneficial. I would challenge anyone who does not exercise regularly now to begin walking for 30-45 minutes four times per week. The heart will benefit from this behavior. The rest of your body will benefit as well. God knows the value of the heart. He wants us to care for our heart in a way more valuable than physical exercise as well. He wants us to open our heart to his Word so it can be filled with His love and the Holy Spirit. Galatians 4:4-6 reminds us of this truth as Paul writes, *“But when the time had fully come, God sent his Son, born of a woman, born under law, to redeem those under law, that we might receive the full rights of sons. Because you are sons, God sent the Spirit of his Son into our hearts...”* God values our hearts so much that he would send his Holy Spirit there to dwell. Amazing! His Spirit living in our heart should impact all of life just like the blood our heart pumps. Blood is in the heart giving life to the body. The Spirit is in the heart giving life to the body and to others. Care for your heart by exercising it physically and spiritually. Two simple ways are to go for a walk and read your Bible – challenge yourself to set a goal of four times per week for each.

#### Family Discussion Points!

Do members of your family need to physically care for their heart better?

Do you (parents) think it benefits your children if you care for your heart spiritually on a regular basis?

Discuss with the whole family what you want to do to care for your heart physically and spiritually – make a goal together. Encourage each other to reach your goal long enough so it becomes a habit.

---

#### Letter from Mr. Petzold regarding year end gifts!

I trust that everyone has received the letter I sent on Monday regarding blessing Trinity Lutheran Church, School, and ECC with a special gift at the end of the year. If you have any questions, please feel free to call Mr. Petzold. Thank you!

#### Having your child(ren) Baptized at Trinity!

We have had many students come to the waters of Holy Baptism over the past year. I have had a few more families express interest, so if you are interested, please contact Julian Petzold, Principal (269-983-3056) or Pastor Roth, Senior Pastor (269-983-5000) right away.

#### Trinity's 2010 Geographic Bee!

The first round of the 2010 National Geographic Bee was held on Friday, December 11 at 2:00pm. I will have the results available next week in the Kingsman.

#### H1N1 Vaccinations Open to public!

Visit [www.bchdmi.org](http://www.bchdmi.org) to find the current locations to receive a vaccination if you are interested. Vaccinations are open to the general public at this time.

#### Please Save your Roger's Receipts!

Roger's Foodland has begun a program called *Apples for the Students*. Parents, families and friends can obtain register receipts dated **September 1, 2009 through March 30, 2010**. The receipts may be dropped in the drop box by the Church Fellowship Hall or brought to the school office. All receipts must be turned in by March 30, 2010. Please help Trinity earn points towards items for our school and Early Childhood Center. If you would be interested in helping with this program please see Mrs. Maynard in the school office.

#### Advent services

Next Wednesday's (December 16<sup>th</sup>) evening Advent services will be lead by our 4<sup>th</sup> – 8<sup>th</sup> grade students. They will also be doing these services for chapel in the morning. Please feel free to invite grandparents and other guests to chapel at 8:15 a.m. or the evening services at 6:30 p.m.

### **Parents' night out**

On Saturday, December 12, from 4 to 10 p.m., the Senior High youth will hold a parents' night out in the fellowship hall. This is an opportunity for parents to drop their child/children off at Trinity and have them watched by the Senior High youth while they go Christmas shopping, to a movie, or just have an evening to themselves! Dinner will be provided along with games, movies and fun! This is a fundraiser for the youth program, and a minimum donation of \$20 is suggested. If you have any questions, please contact Josh Wold in the church office at (269) 983-5000.

The schedule for the evening follows:

4 p.m. Children arrive

6 p.m. Dinner is served

10 p.m. All children should be picked up by this time

\* (games, movies, and activities will be provided in the open hours)

### **Tuition payments**

Please remember that all tuition and fees are due by the 10<sup>th</sup> of the month (December 10 for current tuition). On the 21<sup>st</sup> of the month, a late fee of \$20 is applied to your account. If there is a balance remaining on the last day of the month, our procedure is to have that be the last day of attendance until the balance is paid in full. If you have any questions, please contact Mr. Petzold at the school office (269-983-3056 x101).

### **TRINITY SPIRIT**

*Opportunities to show your Kingsman Spirit by supporting our students*

### **Calendar:**

Dec. 11 Geography Bee, 2 p.m., sanctuary  
Dec. 16 Advent service, 6:30 p.m.  
Dec. 18 Christmas vacation begins at the end of a full day of  
Jan. 4 Classes resume after Christmas vacation

### **Lunch Menu for the week of December 14:**

Mon: pizza, corn, peaches, cookie, milk  
Tues: shrimp poppers, fries, peas, pears, milk  
Wed: hot dog, chips, baby carrots, grapes, milk  
Thurs: soft tacos, corn, pineapple, ice cream, milk  
Fri: chicken tenders, tater tots, green beans, mandarin oranges, milk

### **SPORTS CORNER**

#### **Boys' basketball scores:**

- 3<sup>rd</sup>/4<sup>th</sup>: Dec. 7 vs. Christ – Great job, Kingsman!
- 5<sup>th</sup>/6<sup>th</sup>: Dec. 7 vs. St. Paul S. H. – Win (32-31)

#### **Upcoming games:**

##### **December 11-12**

5<sup>th</sup>/6<sup>th</sup> boys' basketball tournament at OSL, Grand Rapids

##### **December 14**

4 p.m.: 3<sup>rd</sup>/4<sup>th</sup> boys' basketball vs. Grace (Home)

5 p.m.: 5<sup>th</sup>/6<sup>th</sup> boys' basketball vs. Grace (Home)

4 p.m.: 7<sup>th</sup>/8<sup>th</sup> boys' basketball vs. Upton at Christ

##### **December 15**

5 p.m.: 7<sup>th</sup>/8<sup>th</sup> boys' basketball vs. Trinity, Paw Paw (Away)

### **CHURCH NEWS**

*Worship information and upcoming church activities*

#### **Please join us for Worship**

Sundays 8:00 a.m. Service  
9:15 a.m. Bible Study  
10:30 a.m. Service  
Mondays 6:30 p.m. Contemporary Service

#### **Advent services**

Wednesday, December 9 6:30 p.m.  
Wednesday, December 16 6:30 p.m.

#### **Christmas services**

Thursday, December 24 4 p.m. family worship  
6:30 p.m. candlelight  
11 p.m. candlelight  
Friday, December 25 10 a.m.