



Christ is counting on you!

TRI-STATE

Volume 189

Tres Dias

NEWSLETTER

January 2005

36 CHRISTIAN WAYS TO REDUCE STRESS

An Angel says, "Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice."

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you Jesus."
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe

Every night before bed, think of one thing you're grateful for that you've never been grateful for before. **GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.** "If God is for us, who can be against us?" (Romans 8:31)

Tri-State Tres Dias Calendar

Secuela Evenings

At OLIVET PRESBYTERIAN CHURCH

5600 Oak Hill Road

First Tuesday of every month except July

6 p.m.	Musicians' practice (Jan., Apr., Aug., Oct.)
6 p.m.	Secretariat
6 p.m.	Set up for Secuela
7 to 7:45 p.m.	Secuela Service of Worship and Witness
7:45 to 8:30 p.m.	Fourth Day fellowship and snacks

help with clean up after fellowship

remember December & May Secuelas are "open"

Feb. 1, 2005	Secuela -- Includes brief ANNUAL BUSINESS MEETING
Feb. 5	Talk Help Day, Men's 55, Methodist Temple, 2109 Lincoln Avenue, 8 a.m. to 3 p.m.
Mar. 1	Secuela
Mar. 3 - 6	Men's Tri-State Tres Dias #55 Rector Craig Ettensohn (867-0575) Asst. Rector John Bagby (985-8423)
Apr. 5	Secuela
Apr. 7 - 10	Women's Tri-State Tres Dias #55 Rectora Kris White (437-3918) Asst. Rectora Susanne Herrenbruck (867-2447)
May 3	Open Secuela - Invite family and friends to join us
Jun. 7	Secuela
July	No Secuela

After Hours Position Sarto/Catholic Center

AFTER-HOURS STAFFING - Evening and Weekend Flexible Scheduling

Excellent opportunity for college student to work in a quiet atmosphere with discretionary time for study. Position does require some weekend overnight time for Retreat weekends (15 hours paid for these evenings). Requires mature workers who can work independently, use good judgement in a variety of situations, handle necessary detail to ensure hospitality and building services for meetings and retreats.

Scheduling can be flexible to work with class and/or other work commitments. Regular scheduling to begin in January is available now. For more information or to complete an application, please contact:

George-Anne Ryder
Director Activities and Facilities
Voice - 812-424-5536
email - gryder@evansville-diocese.org
Fax - 812-421-1334

 **Rejoice Always!** 



Men's Tri-State Tres Dias LV

"Fight The Good Fight..." - 1 Timothy 6: 11-12
Ephesians 6: 10-18
 March 3-6, 2005

Dear Brothers and Sisters in Christ,

It is an honor and a privilege to address you as a representative of Men's Tri-State Tres Dias LV. I must say that this is a humbling experience that is filled with many blessings. Your prayers, support and uplifting words are very encouraging. Thank you.

Assistant Rector John Bagby and I have been meeting together weekly since the beginning of November to plan for the Formations and Weekend. The Lord's faithfulness in this process has been overwhelming. It is so easy to see His hand at work in every aspect of preparation. This is definitely His Team, and He has a purpose and a work to accomplish through the men that He has called and assembled.

As we meet in Formations and set about to do the Father's will, I would ask that you faithfully pray for each of the men and their families. As you well know, it will be a hectic winter for each of them.

The Theme for Tres Dias LV is "Fight The Good Fight..." from 1 Timothy 6:11-12. Paul's charge to Timothy in this scripture is:

"But you man of God, flee from all this (sin), and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called..."

The follow-up scripture to this theme is Ephesians 6:10-18 which explains the full armor of God. This has been included because we cannot "Fight The Good Fight" if we have not donned the full armor of God in preparation for the battle for men's hearts and souls.

We appreciate all of your support.

God Bless You!

Craig Ettensohn

Rector LV

Listed below are ways that each of you may participate:

- We ask each of you to prayerfully consider sponsoring a Candidate this spring. Applications may be printed from our community's new website at www.tristatetresdias.org or by calling the Applications Chairmen Joe Kerr (402.0167) or Skip Borre (401.4835).
- Prayer Vigil – contact John Bagby (985.8423)
- Serve A Meal, Snack & Table Palanca – contact Tom Kempf (423.3630)
- Assist Cooks by providing Food Palanca – contact John Welcher (479.8431)
- Attend Talk Help Day – Saturday, February 5, 8:00 a.m. - 3:00 p.m. @ Methodist Temple, 2109 E. Lincoln Avenue

TEAM

Vince Anderson	Jonathan Ehmen	Brian Hancock	Jerry Knight	Brett Stock
John Bagby	Tom Elpers	Brian Hartman	Carl Mann	Bill Thuerbach
Darrin Carnahan	Craig Ettensohn	Pat Jackson	Gary McCarty	Brent Van Zandt
Mark Cheek	Jim Funkhouser	Tom Kempf	Wayne Patterson	Gary Van Zandt
Alan Clark	Matt Gill	Jeff Kleinschmidt	Paul Snider	Bob Walther
Jay Craig	Mike Halbig	Jeff Knight	Tom Southwell	John Welcher

F.Y.I.

Barnabas	Tyrone Edwards, 423-5450 Young adults: 19-30 Challenge Weekend Young teens: 13-15 ADventure Weekend Adult seminars/conferences
Chrysalis	Greg Bramer, 858-8785 Teens 15-19 Retreat, 3-day, 2 x yr 1 st weekend: Nov & April

FALL 2005	#56	Men's Weekend (Oct. 20-23) Rector John Bagby Women's Weekend (Nov. 17-20) Rectora Susanne Herrenbruck
SPRING 2006	#57	Men's Weekend (Feb. 23-26) Women's Weekend (Mar. 30-Apr 2)
FALL 2006	#58	Men's Weekend (Oct. 12-15) Women's Weekend (Nov. 2-5)

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BEARS REPEATING



CHANGES in Name? Address? Phone? Church? email? IMMEDIATELY write or email: Craig Ettensohn, (1601 Kings Bridge Rd., Evansville 47725-6522) (ettensohn@sige.com.net).to update our records for Tri-State Tres Dias Directory page, delivery of this Newsletter and Team selection.

Next ISSUE: Volume #190 February 2005		
Deadline for articles from others	Monday	01.31
Secretariat nearest beginning	Tuesday	02.01
Beginning Week of writing/composing	Monday	01.31
Deadline for draft to Sallie	Monday	02.07
Absolute deadline: candidate list to SG	Sunday	02.13
Deadline for labels to Risley's	Monday	02.07
Deadline for final to Risley's	Monday	02.14 -a.m.
Deadline finished newsletter to PO	Thursday	02.16 -before noon
TARGET: 2 Mon.'s before Men's 55	Monday	02.21

Invite Your Pastor: Show care, support and encouragement for your Pastors by inviting them to make a Tri-State Tres Dias Weekend. For help in approaching your Pastor, call Norm Snyder (867-2162) or Bill Rasch (423-8349). A wonderful VCR tape is available for this purpose.

ANNUAL MEETING ANNOUNCEMENT: February 1, 2005

Required by our Articles of Incorporation, this brief business meeting will be for two purposes:

1. to hear "the State of our Community" – by our Lay Leader, Vince Anderson
2. to elect two AT-LARGE members to serve three-year terms on The Secretariat (governing board)

If you wish to nominate someone, please assure beforehand that the person meets these guidelines: nominees should include one man and one woman; be grouping; be actively involved in home church; be active and supportive of Tres Dias as evidenced by participation in 4th Day events, as well as Weekends, provide representation of the diversity of our community (including geography and church affiliation); be willing to serve a three-year term.

A nominating committee will offer a slate of two candidates, but nominations from the floor will be invited. Election will be by secret ballot if there is more than one candidate for either office.