



A HELPING OF LUTHER'S "SIMPLE WAY TO PRAY"

Greetings all,

So this article is really more an encapsulation of something we just went over in Confirmation last week. It's in no way "new" nor can I claim unique ownership of the ideas as they come to us from Martin Luther's teaching on "A Simple Way to Pray."

The Word of God calls us to "pray without ceasing" and yet if conversations with God's people confirm anything to me is that for many of us, this can become a challenge as to "how." Well into this quandary steps Martin Luther who offers to the church this method which I think should you place it into practice in your life, it can become truly a blessed habit for helping to pray more fully and responsively to all that God is working in and around us.

For Luther prayer begins IN the Word of God and finds it's voice through God's Word working upon us. So to pray "simply" is to begin with the default of trusting and believing that God's Word comes to us to essentially "do" 4 things:

- 1) Instruct – teach us what God chooses to teach
- 2) Thanks – bring us to give thanks to God
- 3) Confession – bring us to confessing our sin and failure in light of who God is
- 4) Prayer – bring us to conversation both speaking and listening with God

Luther offers to us that ALL scripture can be (and perhaps may be best read) looking for how each passage is doing these 4 things simultaneously. So in our prayer that is to be without ceasing, perhaps it may best begin with taking up your scripture and begin right there. I'd suggest something that might look like this:

- Pick a time and place where you can be quiet for 15-20 minutes each day
- Pick an attentive posture – a comfortable chair or couch – lighting sufficient to read by – perhaps a favorite coffee or tea to sip
- take a moment to breathe slowly, intentionally – all to slow down and bring your thoughts and heart to this moment
- Read a verse or two – maybe a paragraph, but do not try to “cover a lot” – you are not reading here for information!
- Once you have read begin asking yourself this sequence of questions:

** note: some find keeping a journal with them along with their Bible truly of value here as one begins to use this method of prayer.*

A) What God are you trying to teach me and your people in this passage?

B) How does this bring me to thank you God?

C) What am I being called to confess because of what you are teaching me?

Where have I fallen short and not trusted you as you show me what is true and real?

D) Speak with God your praises, thanksgivings, confessions, needs and hopes in light of your reflecting upon God speaking to you in this passage.

The process is born in the idea that God is truly alive and is continually addressing us in His Word given. What I truly love about this method of praying is that it relies upon God speaking to us as the ground for learning and speaking with Him! It places the act of listening in it's proper FIRST place and from this listening becomes then the grounds for learning “how” to speak what God is bringing upon our hearts and minds. As I was bringing this to our confirmands and their families, it had me thinking of how in this light prayer is “formed” in us by God, through his Word... it becomes an expression of God working upon us through His address to us.

In whatever method you currently use in your prayer life, what could it look like to begin to incorporate something of this I.T.C.P. method as you continue exploring “how” to continue to pray without ceasing. I encourage you to give it a try if you never have. I especially encourage you if you have not really developed a prayer rhythm in your life yet for it is never too late to begin learning from God how better to pray!

May God simply bless you as you
“Simply Pray!”

Peace as God guides you into every
Blessed habit of Faith!

Rev. Eric



IF NOT CHANGED BY CONGRESS...

FROM THE PRESIDENT

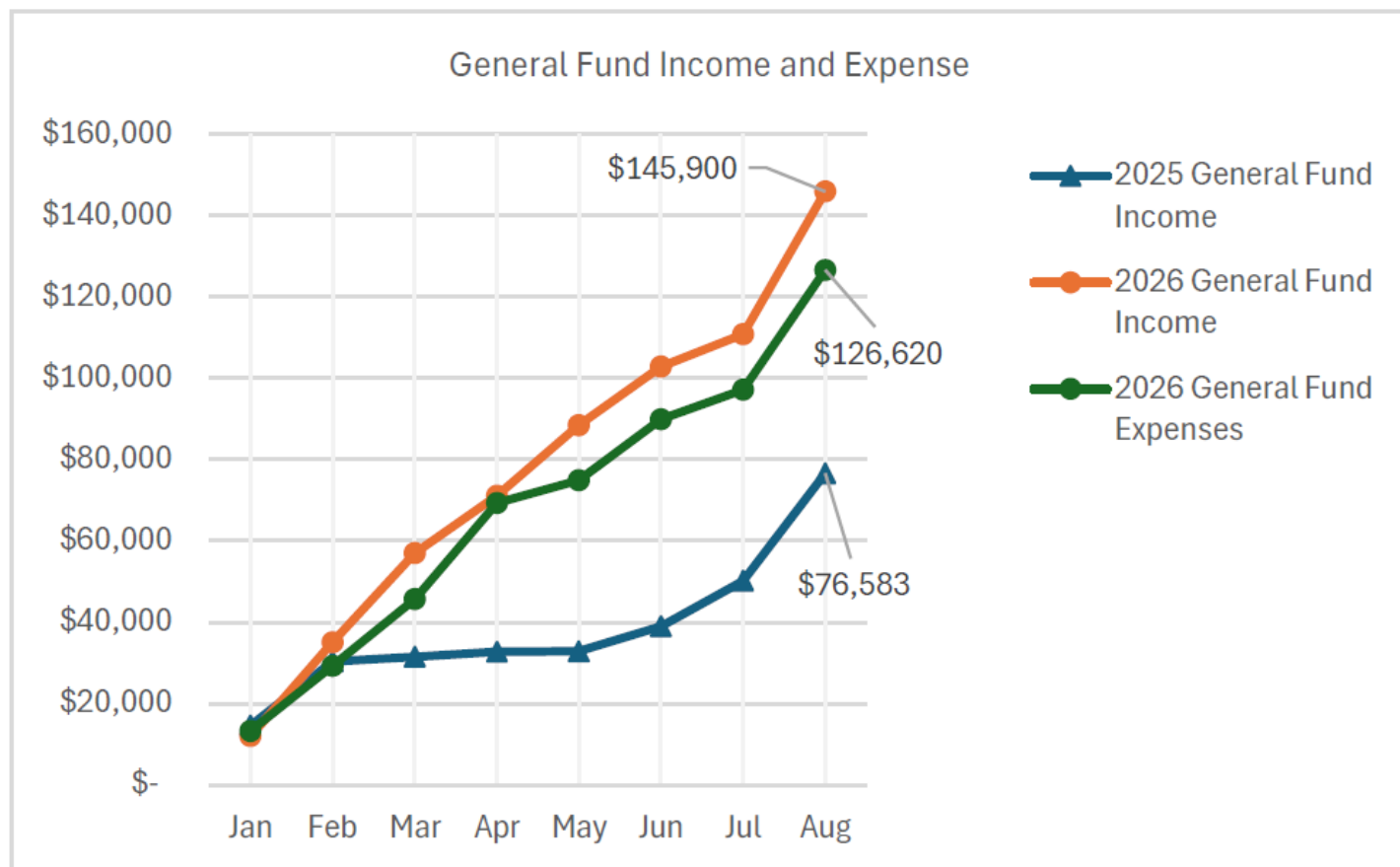
BOARD ELECTIONS - NOMINATING COMMITTEE

"It is that time of year when the Nominating Committee may be asking about your participation in church operations and functions via a position on the council. Please do not automatically say no if asked. Prayerfully consider any way in which you can serve the congregation and our church. We have dedicated people that have served in this capacity for many years, and we owe them a great deal, and maybe we need to give them a rest/break. If you have any questions on what a position entails, any council member would be happy to share that information. Thank you for your consideration."

God's Blessings and I love you all,

Denise

FROM THE TREASURER



- The General Fund income is \$19,280 more than current church expenses ending August.
- General fund Income in August 2026 was \$69,317 more than income was in August 2025.
- Pastor's monthly medical insurance premium starting October will be reduced by \$1,422 since Pastor will be under his wife's insurance policy.
- We still have not been billed for recent boiler repairs and believe the expenditure will be \$5,000 plus.
- Church assets ending August are higher by \$26,960 when compared to August 2025

ANNOUNCEMENTS

November Newsletter Articles Due: MONDAY, October 5, 2026. Boards, committees, and groups are invited to submit articles for the newsletter. Please let the office know when your group has any changes for meeting times/dates. Email your articles to: tlclewis-ton@gmail.com or drop them by the church office.

NALC Newsletter: thenalc.org. **LCMC Newsletter:** lcmc.net

LCMC Northwest District Newsletter: <https://lcmc-nw.com/northwest-district-newsletter>.

Portals of Prayer: Portals of prayer (through the month of December) are available in the Narthex. If you would like a copy of this devotional, please call the church office (208.743.4414) and we will see that you get one.

MEETING SCHEDULE

Mary, Martha & Prayer: October 1st at 9:00 am.

Worship & Evangelism Boards: October 6th at 4:30 pm.

Property Board: October 6th 5:30 pm.

Church Council: October 13th at 5:30 pm.

LWR Quilting Dates:

October 8th, 15th, 22nd and 29th at 9:00 am.

Choir Practice:

October 14th and 28th at 6:30 pm.

CANTOR, LECTOR, WORSHIP ASSISTANT:

Anyone who would like to serve as a lector during a future service is encouraged to contact ***Kim Cushman 208-743-1994***.

We also want to expand our pool of cantors and worship assistants.

If you would like to Assist in leading worship, **please call the office.**



Mark your calendar!

MEN'S BREAKFAST

on October 31, 2026

@ 9:00am

at the Hells Canyon Grand Hotel.

Come, enjoy good food
& fellowship.

Men of every age are welcome!

THANK YOU!



Catholic Charities
EASTERN WASHINGTON

SEP 17 REC'D

September 14, 2026

Trinity Lutheran Church
920 8th Ave.
Lewiston ID 83501

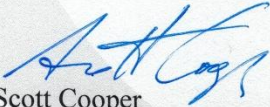
Dear Friends at Trinity Lutheran Church:

Please accept our profound thanks for your very generous donation of **goods** for survivors of the Spokane Complex Fires last month. I want to stress that what you brought us was well-considered and valuable. *You understood the assignment!*

We have been seeing survivors every day as we shift from emergency response to medium-term recovery. Many are struggling with temporary housing. The donations you brought us – especially the hygiene/cleaning/laundry supplies – are exactly the kinds of things that survivors are happy to have. They do not sit with us long before they are picked up by grateful neighbors.

We especially want to thank Bob Walk and Phil Adamak for their effort and time in bringing your donations to us and for their good humor in helping us unload them.

Thank you for your generosity and care –


Scott Cooper
VP, Mission

CCEW Mission:

Feed the Hungry

Heal the Hurting

Welcome the Stranger

Main: (509) 358-4250

Toll Free: (800) 831-1209

Fax: (509) 358-4259

*Many thanks!
Acknowledgements for
monetary donations will
come separately!*



NEW MEMBER MISSION CLASSES

TAKE THE LEAP

JOIN OUR CONGREGATION

Our New Member Mission Classes are being held on

1. Sunday, October 4th 10:30 am – noon (after worship) *
2. Sunday, October 11th 10:30 am – noon (after worship) *
3. Sunday, October 25th 9:00 am – at worship
*New Member & Reformation
Sunday*

** We will meet in the west wing about 15 minutes after conclusion of our worship services.*

THESE TWO CLASSES ARE

- for any exploration/ desiring membership within Trinity
- for any wanting to deepen their understanding of the mission of Christ Jesus amongst us
- for any gifted with a spirit of encouragement to come alongside new members to bless them

TRINITY LUTHERAN CHURCH

*Welcomes
You!*

SPIRITUAL GROWTH INVITATION

Bible Study with Pastor Eric

Every Tuesday | **8:30 a.m.**

More sessions may be added based on interest.

AN INVITATION TO
READ AND PONDER
SCRIPTURE WITH
PASTOR ERIC



SALVATION ARMY COMMUNITY DINNER

UPCOMING: October 27 @ 4:00pm.

Please contact Rebecca Matchey @ 208.305.0215 or the church office, if you can help serve in this ministry.

BETHEL BIBLE SERIES

Classes continue into the month of November.

Sessions will be held every Thursday at

1:00 PM and **7:00 PM**. Both sessions will cover the same material, providing flexibility for those who prefer an evening option after work.



You can still join us. Contact the Church Office at **208-743-4144**
or **Fran Harris** at **208-553-8834**.

YOUTH MINISTRY & MISSION



Confirmation Ministry

OUR FALL SESSIONS ARE ON

September

Thursday 24th from 5:30 – 7pm

October

Thursday 1st from 5:30 – 7pm

Thursday 8th from 5:30 – 7pm

Thursday 15th from 5:30 – 7pm

Thursday 22nd from 5:30 – 7pm

Thursday 29th from 5:30 – 7pm

Though geared for Middle School Students, this Ministry is available to anyone who wishes to grow in faith and are willing to “go with the silly” as we encourage these students in faith.

Questions?

Rev. Eric

YOUTH Group Meetings

October 4th & 18th
after church services

If you have questions
please call **Rebecca
Matchey** 208.305.0215



YOUTH MINISTRY & MISSION



COME, JOIN US FOR OUR GAME NIGHT

on Sunday, October 18th
from 4 pm – 7 pm
@ Trinity Social Hall

You are encouraged to bring your favorite game to teach and share.

This event is best suited for Middle School, High School, College Students and Adults who like modern board and card games and value hanging out with friends while gaming.

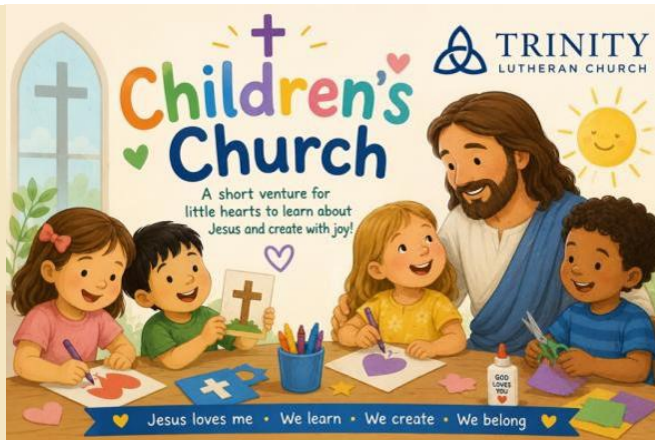
Children are welcome accompanying parents, but it is recommended that you bring appropriate entertainment for them.

Please bring “non-messy” snacks to share. **Let's have some fun. Let's play!**

Sign-ups are not required, though if anyone is interested in apprenticing with Pastor Eric to learn a game they could in turn assist in facilitating, in the future. Please let me know if you are interested and we can get that going. *Rev. Eric*

(More facilitators mean getting more people playing faster!)

Come and bring your small children to church...



YOUTH MINISTRY & MISSION



FIRST COMMUNION FAMILY CLASS

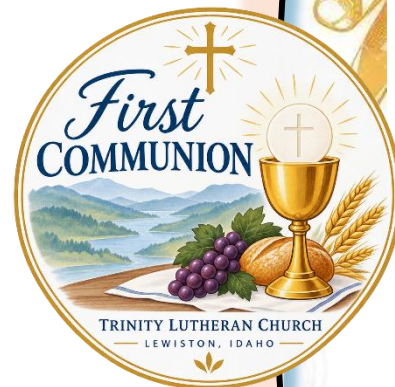
An invitation to Kido's ages 4+ and their parents.

1. class Friday, October 2nd 5 pm – 6:30 pm
 with Taco Night Dinner
2. Class Friday, October 9th 5 pm – 6:30 pm
 with Pasta Night Dinner

Please RSVP to Pastor Eric to aid in the meal prep.

This is an invitation and opportunity NOT a requirement NOR expectation upon a family. We want children to receive communion as they are ready. This is a chance to learn more of our shared faith.

Younger children are welcome provided parents would like them to begin receiving communion.



THIS & THAT

Trinity's Annual Halloween Trunk or Treat

Saturday, October 31st, 2026
at the church parking lot
from 5 pm - 6:30 pm



Mark your calendar now and join the fun!

THIS & THAT



COMMUNITY FOOD BANK

Thank you , for donating non-perishable foods, to benefit our food bank and people in need! Please keep contributing as there is need. Your donations may be placed in the northeast corner of the sanctuary.

Thank you,
Lee Brown



A BIG 'THANK YOU' to the congregation for the generous donation of school supplies!

With YOUR help Trinity is going to be able to send 208 school kits to Lutheran World Relief this year. - A special thank you goes to Kathy & Dick Johnson and family for purchasing and filling 45 kits. Plus, our quilting group was able to finish 47 quilts for the fall shipment. This brings our yearly total to 105 quilts.

With blessings,
*Glenda Kress
& team*



PRAYERS FOR THOSE GRIEVING

Family and Friends of Marilyn Cochran

Family and Friends of Kevin Boling

PRAYERS FOR OUR MEMBERS

Kathy Olson, Hunter Grossklaus, Jordan Bergeron, Claudette Woodland, Zeny Brown, Ollie Goldammer, LaVonne Heitmann, DeeLee Mendenhall, Connie Riddle, Samuel Poleson, Dennis Riddle, Rebecca Matchey, Carole Lemire, Steve Hanson, Anthony Nedrow, Mick Woodland, Dick Johnson, Marian Haugen, Jeanette Stolte, Vince Fiblestad.

PRAYERS FOR FAMILY & FRIENDS

Brian Garner: (brother of Mona Gish)

Israel Holden: (friend of Rebecca Matchey)

Ricky Shope: (requested by Carmen Petersen)

Melody and Ivan Thompson of Good Hope

Brook Henze: (daughter of Kim Cushman)

Nadia Skorobogatova: (Elena & Oksana's mom)

Eugeny Skorobogatov: (Elena & Oksana's dad)

Chuck Riddle: (son of Dennis & Connie Riddle)

Tamra Mead: (granddaughter of Anita Schneider)

Stacey Stamper: (friend of Bob Bergeron)

Neeraj and Nijhar and family: (missionaries)

John Jasinski: (son of Ed Jasinski)

Anna Walk-Bush: (daughter of Bob Walk)

PRAYERS FOR THOSE IN THE MILITARY

Sergeant First Class Matt Spears: (Son of Sandra Spears)

*TO HAVE YOUR REQUEST INCLUDED ON THIS PRAYER LIST OR PRAYER CHAIN, PLEASE
CONTACT EDY MATCHEY.*

October Birthdays

happy birthday

Matt Johnson	10/10
Izabella Tadzhimatova	10/13
Teresa Carmack	10/14
Richard Johnson	10/15
Alexandr Erickson	10/19
Arlan Matchey	10/25
Cory Kingsbury	10/27
Mark Tadzhimatov	10/27
Carol Burgess	10/30

October

Be present.

Let the day flow with grace.

Expect joy. Be positive.

Serve with compassion.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others. mary davis

EVERY DAY SPIRIT
NET



Baptism Anniversaries

Donna Piraino	10/01
Fran Harris	10/04
Molly Petersen	10/04
Jessie Andrea Erickson	10/19
Alexandr Erickson	10/20
Serafim Erickson	10/20
Kevin Dammon	10/25
David Andrews	10/27



October

SERVING US THIS MONTH

ALTAR CARE

GREETER

USHERS

COMMUNION SET UP

COMMUNION SERVERS

PEW SUPPLIES

Jessie Andrea Erickson

Lee Brown and friends

Barry Erickson / Jim Kress / Mike Lindauer

Martha Hendry

rotating - announced in weekly bulletins

Hunter Grossklaus & Martha Hendry

SERVING THE COMMUNITY THIS MONTH

October 27 4:00 p.m.

SALVATION ARMY COMMUNITY DINNER: Rebecca Matchey

2026



SUNDAYS

9:00 am Worship
10:15 am Coffee Hour

Pastor:	Eric Griffith
Church Admin.:	Nora Fairchild
Organist:	Heidi Thornton
Lawn Care:	Property Board
Custodian:	Jake Fairchild
President:	Denise Walk
Vice President:	Arlan Matchey
Council Secretary:	Mary Neuman
Treasurer:	Ed Jasinski

BOARD CHAIRS

Education Board:	Carmen Petersen
Evangelism Board:	Elena Olson
Property Board:	Bob Walk
Finance Board:	Kurt Erickson
Stewardship Board:	Donna Piraino
Worship Board:	Sheila Nedrow
Youth Board:	Rebecca Matchey

DUE DATES

WORSHIP FOLDER

Announcements Due
Before noon on Wednesdays

NEWSLETTER ARTICLES DUE

**10:00 a.m., Monday
OCTOBER 5TH 2026**

