



Trinity Lutheran Church

## One in Christ Newsletter

### News In and Around

Trinity Lutheran Church, Hamilton ON

A Christian community, open to all, transforming lives through worship, learning and service.

#### *Pastor's Message*

*by Pastor Thomas Mertz*

Have you ever noticed the graffiti in Hamilton? I am not talking about someone randomly drawing on the wall of a building. No, there is a lot of amazing art to be found all over the city. There are paintings that celebrate racial diversity or call for positive change. Graffiti that reminds us of historical events or the hard labor and commitment which helped build our city.

On my way to church I frequently come by a wall mural with two empty Muskoka chairs facing a lake. A bottle of beer sits on the arm rest of one of them, a few strawberries on the other. A Dragonfly buzzes by.

It's such a peaceful scene!

All year round it reminds me of the joys of summer, of water, sun and a moment of quiet. I enjoy the painting particularly during the times when I might feel busy and not relaxed at all. That wall mural is like a little breather and a reminder there will always be days like that.

It's been a busy first half year for Trinity for sure. We had a group of amazing volunteers work on a new photo directory, which you should receive shortly. Council worked through another load of due diligence and was able to engage an architect for a feasibility study for the church renovation. I am excited and look forward to the findings later this year. We've raised \$40,000 to help with the resettlement of two families from West-Africa. Our choir had a wonderful Music Sunday and we celebrated our annual anniversary and ushered pastor Loretta off into her retirement.

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#### July and August 2023

Volume 4, Issue 6

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### Pastor's message continued

By Pastor Thomas Mertz

I am grateful it is summer. Not that Trinity will go into a summer sleep. Even now work needs to be done, but I am also looking forward to times of rest. I hope that your summer will also be an opportunity to come together with family or friends. Hopefully you will have time to hang out, have good conversations and enjoy some refreshments or simply sit in silence for a moment and just take in the peace and quiet.

Have a wonderful summer! May God be close to you, keep you and allow you to see the blessings and possibilities he continues to create for you.

See you in a few weeks!

Thomas Mertz

## Trinity Milestones

### Happy Birthday

To our Trinity members turning 90 +.

#### July

Eileen Forestall - July 10

Eva Trapp - July 21

Ilse Reizgys - July 25

#### August

Gerhard Magiera

August 13

Paul Blum - August 17

Johann Remesat

August 19

Gertrude Twiss - August 25



### Happy Anniversary

We congratulate Edward and Hedwig Maciulis on their 60th wedding anniversary on July 22.



### Parking Update

As you may or may not be aware, we are losing our parking privileges next to the church as of July 1, 2023. Emblem is beginning the construction of the three towers and the lot will be quickly converted to a construction site.

We have secured parking for free at the Hooper Law office (now owned by the Spice Factory) and the Spice Factory itself which is about 30 spaces in total. There is also parking directly across from the church on Wilson (Lot #2 – 75 John St), but to park for free you must call the office and speak to Carol-Ann and provide her with and your license plate number and the make and model of your car. She will submit this to Impark, the parking management company. You will be given a colored tag to hang on your rearview mirror so that you will not get ticketed.

It is hoped we will have everything in place for July 8<sup>th</sup>. After July 1, you can still submit your information to the office, but you will have to wait to get your tag before you can park. Since we are paying monthly, you would need to contact the office by at least by the 15<sup>th</sup> of the month to have your name added in for the following month. You will only have to do this once.

### Vacation

Pastors Thomas and Daniela will be taking vacation from July 19 to August 17, 2023. In case of a pastoral emergency, Pastor Davis Kaneps (Christ Latvian) will be available to from July 20-to July 31<sup>st</sup>. Pastor Colin Cameron (Burlington Anglican Lutheran) will then cover from August 1<sup>st</sup> to August 17<sup>th</sup>. If you require pastoral services during this time, please call the Trinity church office and Carol-Ann will help you get in contact with them.

Lastly, on behalf of the Trinity Board, I wish you a very happy, healthy summer and hope to you see you all back in church, in person in the fall!

Cathy Calvin

Chair, Trinity Lutheran Board of Directors



I just came back from a short camping trip with our family. We spent a weekend at Cyprus Lake near Tobermory. The weather was great! We hiked every trail around the campsite, saw a beaver and dipped into the freezing waters of nearby Lake Huron, just for a few minutes. We had a lovely time together and I definitely feel refreshed! It's quite amazing how taking a break in our daily routines can make a difference.

It is good to get our minds off work and rest from time to time. The creation story of the Bible reminds us that even God needed some time off. He encourages us to do the same and reconnect with Him and recharge.

A lot of research has been done around the effects of stress and burn-out and studies agree that working continuously is harming our productivity and can even harm our mental and physical health. Stress is a physiological response, originally meant to help us and keep us safe. It releases hormones such as cortisol and epinephrine for the fight or flight response that was necessary for early humankind. However, chronic stress can be destructive to our bodies.

Taking time for regular breaks and leaving our everyday stresses behind, even if only temporarily, reduces the constant high levels of these hormones. The good thing is that there are endless ways to relax. Taking small pauses during the day, going for a walk, or reserving a few minutes for a meditation can help us relax. Going camping over a weekend, visiting friends and family, or travelling for an extended time can also be a great way to relax.

Even if you are retired, you still need time off. Many people imagine retirement to be a permanent vacation. Well, it isn't. You may not go to work, but you still have all your usual responsibilities, whether it's taking care of the house and yard, doing your volunteer job or taking care of grandchildren. Sometimes getting away from home once in awhile is a great way to relax.

The key to a restful vacation is to prioritize rest and fun when you go. Don't overbook yourself with tourist activities or bring work along with you or you will need a vacation after you vacation.

Traditions and rituals, such as getting together for holidays, birthdays, or other special occasions, strengthens your relationships and gives meaning to your life. You talk with one another, take strength from the social and emotional support.

Have a wonderful summer and I hope that you find many and enjoyable moments over the coming weeks to relax and get a break from our busy lives.

Daniela Mertz





Some of our Trinity members were kind enough to share their plans for the summer.



Charlene and Grant Bernhardt will be spending their summer relaxing at their cottage at Sauble Beach. This summer getaway has been in the Bernhardt family since 1955. Charlene and Grant pass much time at the beach enjoying its warm waters and luxurious sand. Often, they'll lay a mat on the sand and play a rousing game of Scrabble. Their door is open for family and friends to visit and stay over. A jigsaw puzzle is always on the table inviting guests to contribute to its completion.

Both Charlene and Grant are on the board of directors of the Christ the King Lutheran Chapel and of course regularly attend services there.



Skha Mpofu and Stanley Moyo will be spending most of their summer around Ontario. They will be attending their granddaughter's wedding in June, a special birthday party of a dear family friend in July. As the heat cools down at the end of the season, they'll be heading north to visit a family friend in Bancroft. They will also be enjoying the expected new addition to their family in August. Skha and Stanley look forward to their traditional family time at Confederation Park, walking the trails and watching their kids and grandkids play at the Wild Water Works. Skha and Stanley will be walking a lot to add kilometres to their virtual walk around the world as a way to highlight climate change issues. What a packed summer!



Helga Laetsch will be spending much of her summer in Germany visiting relatives at her sister's place in Bavaria near Nuremberg. This family reunion will include Helga's daughter and siblings and their families from such far-flung places as Vancouver and New Zealand. After four or five days together, Helga will stay with her sister and brother-in-law, while the rest of the families do their own thing with sightseeing at various places in Europe. Helga instead will be relaxing at her sister's pool, enjoying her beautiful garden, and attending summer concerts and outdoor markets.

When I announced my retirement in March of this year, I had been thinking about it for quite some time. After all, I've reached the end of my 60's and that decision was getting closer with each passing year. The time had come, and it was a time of great emotion. I had never retired before! But now that it's mid-June, I know I made the right decision. I know this transition will be a time of looking forward and not looking back. A time for new activities and learning, not clinging to what has been. Transition always means new birth and new opportunities and I welcome them with open arms.

What the congregation did on June 4<sup>th</sup> to help me celebrate my retirement has been such a positive experience in this time of transition. Thank you to everyone for the wonderful send off on June 4! I so enjoyed putting that final service together. Every part of it was meaningful for me and I hope for you. Thank you to the Board for recognizing my almost 18 years of service in Hamilton. I love metal artwork so you know the Tree of Life piece, with its roots deep in Christian and Celtic tradition, will have a special place in my home. Thank you for honouring me with a monetary gift as well.

Thank you to the Congregational Life Committee for the lovely lunch afterward and especially the gluten free sandwiches and cake. You really paid attention to detail and I thank you from the bottom of my heart for doing that! Thank you to each and every one of you.

A huge thank you to Jim Ridge for assembling and editing the many video clips that were sent in so that we could watch them on June 4<sup>th</sup> and for taking so many photos. Your work will always be remembered Jim! Many thanks for those personal videos, all the cards and gifts I received, and the photos from personal cell phones. What a day to remember! The people of Trinity will never be forgotten!

Being the church is no easy task, yet the satisfaction of work well done is immeasurable, especially if it's God's work.

May God give you strength, courage and resolve to do God's work in Hamilton. You will certainly positively impact the lives of many people. You have exciting times ahead. Go for it!

God bless! Pastor Loretta





## Social Ministry Committee

### Community Fridge

We continue to ask for support of [Community Fridges, Hamilton](#). Please consider donating food to Community Fridges to help address food insecurity.

Non-perishable food can be left in the bin at Trinity at the Hughson St. location and perishable food, labeled for the Community Fridge, can be left in the refrigerator at Hughson. Please check that the dates on all food items have not expired.

### Back to School Supply Collection

We are starting a Back to School Supply Collection. School has just finished but we are looking ahead and hoping to make a difference for school children in the community this fall. There is a need for backpacks, lunch bags, water bottles, markers, crayons, pencils, pens, lined paper and binders. Donations can be placed in the bin marked "School Supplies" in the Trinity Parish Hall at the Hughson location. The school supply collection will continue until September 10<sup>th</sup>.

Financial donations can be made to support **Community Fridges** or **Back to School Supply Collection**:

- In your Sunday offering
- An e-transfer to [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com)
- A cheque made out to Trinity Lutheran Church and mailed to 104 Hughson St. N. Hamilton, ON, L8R 1G6

Please include a note indicating which program you wish to donate to.

### Little Library

The Little Library at Hughson is being well used and because of this we are in need of books (English) for people of all ages. They can be dropped off at the Trinity location on Hughson St. on Sundays or call Carol-Ann to arrange drop off. This is a great way to recycle used books.

### The People's Cafe

The People's Cafe is a new program being offered at Trinity at the Hughson St. location every Tuesday from 10:00 am to 12:00 pm. Refreshments and fellowship are offered to anyone in the community wanting to come. Contact Pastor Dani if you are interested in volunteering.

### Good Food Box (GFB)

The Good Food Box will be starting up on Sept. 14, 2023. It takes place on the second Thursday of each month from Sept. to June. We are hoping that the previous volunteers will return and that other Trinity members will consider volunteering - many hands make light work!

If you wish to order a Good Food Box please do so by Sept. 10, 2023. If you wish to volunteer or order a Good Food Box contact Carol-Ann 905-974-9878.



## Trinity Lutheran Church Pastors

**Pastor Daniela Mertz**

**Pastor Loretta Jaunzarins**

**Pastor Thomas Mertz**

**ONE IN CHRIST** is published ten times per year under the auspices of Trinity Lutheran Church. The Editorial Board is comprised of members of the congregation and the pastors. Submissions will be edited for clarity, positivity, adherence to our mission, constitution and the love of Christ as revealed in the Holy Scriptures.

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Please email all newsletter submissions to Kathy Davidson before the 20th of each month.

## Summer Office Hours

Please note that starting the week of July 3, Carol-Ann will be working summer hours as follows:

Monday - Office Closed

Tuesday-Friday 9-3

Regular office hours will resume after Labour Day.

Please note, there will be no Sunday School , Mid Week Services and Lutheran Ladies United meetings for the months of July and August.



## Trinity Lutheran Church - Contact Information

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## July –August Events Calendar

For Zoom links, please contact the office at 905-974-9878 during the week.

<b>Sunday July 2</b>	<b>Worship Service</b> -(in-person & Zoom) 10:00 a.m., 104 Hughson St. N. <b>German Worship</b> - 11:15 a.m. at 104 Hughson St. N.
<b>Tuesday July 4</b>	<b>Newsletter Committee Meeting</b> – 7:00 p.m. via Zoom.
<b>Sunday July 9</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday July 16</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday July 23</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday July 30</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday August 6</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday August 13</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday August 20</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Sunday August 27</b>	<b>Worship Service</b> - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
<b>Monday August 28</b>	<b>Trinity Board of Directors Meeting</b> - 7:00 p.m., location TDB.

