



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 Loretta Jaunzarins

What does the Phantom of the Opera have to do with Retirement?

I went to see the Phantom of the Opera in 1999 in its final month at the Pantages Theatre in Toronto. Tickets were expensive but I paid and made the trip from Kitchener because Paul Stanley, the lead singer in the rock band KISS, was playing the masked man. He acted and sang to rave reviews stating that the experience changed his life and allowed him to work through personal issues. On April 16, 2023, Phantom staged its final show and closed for good on Broadway after 35 years and close to 14,000 performances. Both Sarah Brightman and Andrew Lloyd Weber were there along with many former cast members. It was a bitter-sweet moment that left many in tears. Even the props got a standing ovation!

While the Phantom will pop up in musical theatre for years to come, the Broadway closing of the show was monumental and significant. It was time to say good-bye to the longest running show in Broadway history. Saying goodbye, whether it's a job, a relationship, or at the end of life, is one of the most painful transitions we as humans face. It's so easy to cling to the job, the relationship, the life. It's so difficult to let go and move on.

Turning 69 and deciding to retire was and is a surreal experience for me. Those of you who have passed 69 and are in retirement know what I'm talking about. Where did the years go? What am I going to do now? How do I face the reality of advancing years? Entering this 'third age' or 'final chapter' is just as important as any other transition in life and my plan is to do it well.

So, what will I do in retirement? I'll continue to be part of Hamilton Aging in Community, serving on their board and planning committee.

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May 2023

Volume 4, Issue 4

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Trinity Milestones

Happy Birthday

To our Trinity members
turning 90 +.

Congratulations!

Helmut Zabel - May 8

Hildegard Hofmann- May 13

Erwin Lutz - May 19

Bernardo Mertins - May 24

Grace Giles - May 25

Franz Knebel - May 28

Christel Neumann- May 30

Pastor's message continued

By Pastor Loretta Jaunzarins

I was very happy to be asked by the Hamilton Police Service to join their team of chaplains back in 2020 and I will continue to serve in that capacity. I'll enjoy time with family and friends, gardening, reading through the ever-growing stack of books beside my bed, and traveling a bit.

But I think one of the hardest things will be saying good-bye to all of you. After 18 years of ministry in Hamilton, 16 years at Grace and 2 years at Trinity, there will be a lot of good-byes. There will be good-byes to members and to programs, and good-byes to routine and achievements. Some of you have asked why I can't sit in the pew on Sunday mornings and still be part of Trinity. About 20 years ago the Synod, along with the National Church, created guidelines for retiring pastors. We are supposed to transfer our membership to another congregation and not perform any pastoral acts, including visitation, unless asked to do so by the incumbent. While the reality of friendships and relationships is recognized in the guidelines, a lot of misunderstandings and damage can be done if the retired pastor does not set boundaries. I will honour the guidelines and will be transferring my membership to another congregation. Like those leaving a job in any other profession, I will not be part of ministry or events at Trinity, unless it is a special occasion. It's time to say good-bye.

To those from the former Grace, thank you for the opportunity to serve as your pastor for 16 years. Due to the pandemic, we didn't have the chance to do an in-person closing of the building or celebrate our many years together. But we did celebrate online. So many great memories!

To the amalgamated congregation of Trinity, these past 2 years have raced by. I have truly enjoyed getting to know so many of you and to offer my best in worship, pastoral care and ministry. Thank you for giving me the opportunity to serve. I know that you will continue to be a congregation dedicated to service.

Being a pastor certainly changed my life and allowed me to use the gifts and talents God gave me. I've had a great run for 22 years and hope for many adventures ahead!

God bless you all! Pastor Loretta

Congregation Communication - Cathy Calvin, Chairperson Trinity Board of Directors

The congregation is invited to participate in two special events that will be taking place at the end of May and the beginning of June.

On May 28th, the Trinity Congregation will be celebrating our 2nd Anniversary Sunday since our full amalgamation. The guest preacher that day will be Reverend Jennifer Hoover, Congregational Development Director from the Synod. We have some special music planned as well as an enhanced coffee hour following the service. We hope you can all attend. The service will be live streamed via Zoom.

Sunday, June 4th is the farewell service for Pastor Loretta Jaunzarins, who is retiring. There will be special guests and former colleagues of Pastor Loretta's in attendance. The choir will sing and Heide promises some special music. A farewell luncheon is planned as well. All congregational members are invited to say goodbye to Pastor Loretta in style!

Due to the retirement of Pastor Loretta, we are now looking for a coordinator for our Good Food Box (GFB) program. We hope to continue this important program again in September. The program runs from September to June, on the second Thursday of each month. The coordinator position requires about 15 hours of time per month. This includes committing to the full day, on the day of the GFB pick up, as well as preparation time during the month. An honorarium is being offered for taking on the role of Coordinator. If you are interested, please speak with either Barb Alken (barbalken@gmail.com), Cathy Calvin (dccalvin1980@gmail.com) or call the Trinity office at 905 974-9878 and leave your name with Carol-Ann. We will get back to you with details.

Thank you for considering this position. It is our hope to have someone in place to work with Pastor Loretta on June 8th, which is the last GFB day until September. We would hate to have to cancel this much needed program due to the lack of a coordinator.

Lutheran Ladies United (LLU)

May Flowers - Blooms on a Budget

Tuesday May 16

7:00 pm.

232 Fennell Ave. East

The Lutheran Women invite you to their **25th Women's Event**. Regular meetings are normally held in the afternoon but once a year we like to have women join us who are unable to come in the afternoon.

Many people enjoy gardening, but Emma Begert has a special passion making plants bloom in the garden. She has lots of tips to share. Everyone is welcome.



Bird Watching Outing

Saturday, May 13th, 8:00 to 10:00 a.m.

Falkirk West Park

Nestled in a neighbourhood on the west Hamilton mountain, near Upper Paradise and Rymal Road West, is a natural forested area that is a magnet for migrating songbirds.

We will leisurely walk the 2 km loop trail. We will see which migrants are passing through on their way up to the boreal forest and who is busily establishing territory, choosing mates and building nests in this area to raise their young.

Whether you are an experienced birder or a novice, join Debbie Lindeman and Dennis Price at 8 a.m. for a morning of birding. Please bring a pair of binoculars if you have them.

Please email Debbie at deborahlindeman3@gmail.com or call at (905) 389-0224 if you would like to participate. More detailed information will be given to you.



Celtic Spirituality

Thursday May 18 at 4:30 p.m. via Zoom

Learn about Christian Celtic Spirituality and get to know others who also have an interest.

These 45-60 minute online sessions include great music, learning, poetry, discussion, and astronomy.

This group is open to Trinity members and anyone in the community who is interested in joining.

For more information please email Pastor Loretta at ljaunzarins@gmail.com.



Taizé Worship Service

Friday May 26 at 7:00 p.m. via Zoom

A Taizé worship service involves sung and chanted prayers, meditation, a period of silence, biblical readings, and icons. The service lasts about 30 minutes. It's a wonderful opportunity to wind down from a busy week and centre on God.

For more information contact Pastor Loretta at ljaunzarins@gmail.com.



Dear Pastor Loretta,

We wish you endless joy and good health along with every blessing as you begin this new phase in your life as a retiree. You have given so much of yourself to so many during your career. You were first a Registered Nursing Assistant in your earlier years and then a Pastor in 2001 when you were ordained.

Your love of reading and learning is reflected in your vast knowledge of church history, music, the Scriptures, and the world around us. Your commitment and love of people shines through in your dedication to community causes and the organizations you have supported. You generously give of your personal time and energy. You have been involved with Hamilton's Aging in Community Group. You initiated the Good Food Box Program in 2006. You organized and developed this program by involving other community groups and organizations. You taught cooking classes and supervised other activities related to healthy eating. By reaching out in so many different ways through the Good Food Box Program, you touched and improved a great many lives over the years. However, the love and caring for the members of your congregations is perhaps the greatest gift of your ministry.

At one time you may have considered using your Political Science degree to take you into the tough, hard world of union negotiations but God had other plans for you. You enjoy people and their stories. As a Pastor you have loved journeying with them through their life's passages, whether they were joyful times of celebration or times of challenges and heartaches. You wanted to be there for them even at the end, preparing their families as they were about to lose their loved ones.

You have touched the lives of many friends in the three churches where you have served. Your first call was to St. Matthew's Church in the rural community of East Zorra, just outside of Tavistock, Ontario. Later you were called to minister to the people of Grace for sixteen years.

Continued on next page



Pastor Loretta at Trinity Lutheran



Grace Lutheran Church. Photo courtesy of the Spectator.

You supported the members of Grace through the painful process of the sale and the closing down of their church. You made new friends and helped old friends to adjust through the process of establishing the newly amalgamated Trinity Lutheran Church, Hamilton.

Being a Pastor, as we all know, can be an all consuming, 24-7 vocation. As you prepare for your retirement, we hope you are looking forward to a simpler change of pace. We are certain that you will continue to be involved in very worthwhile causes such as Hamilton Aging in Community and volunteering as a Police Chaplain.

Retirement is a wonderful time to enjoy travelling and visiting. It will also provide the opportunity to feed that creative side of yours and give you more time for those activities you have not been able to enjoy. We hope you will be able to do lots of the gardening that you have always been so passionate about.

The meditation garden that you designed at Grace was breath-taking! Having the time to enjoy a more leisurely cup of tea in your own garden or perhaps spending more time at the piano will be a well-deserved reward.

We know that you will also find new projects and challenges to keep you busy in your retirement. You have mentioned learning a language or tackling something as exciting as orienteering. Regardless, we know that you will likely keep as busy as ever. There will be many books to read, weeds to pull, friends to drink tea with, grandchildren to play with and extra walks with Tobi.

We all wish you a very Happy Retirement. God Bless!

With Love and Best Wishes,

From all Your Friends at Trinity Lutheran Church



Pastor Loretta gardening at Grace Lutheran Church.
Photo courtesy of the Spectator.

Social Ministry Committee

Trinity Refugee Ministry

Your financial support is needed for the Trinity Refugee Ministry. Trinity has committed to raising \$40,000 toward the cost of supporting two Liberian Refugee families for one year. Once all the money is raised by Trinity and the other seven churches in southeastern Ontario, the Canadian Lutheran World Relief (CLWR) will apply to bring these 11 people to the Hamilton area. These families had been working towards peace and reconciliation in post-war Liberia and their government views them as a threat. They have been living in exile in West Africa and the fathers and older children have been threatened and have experienced violence. One of the father's relatives was mistaken for him and the relative was killed. These families live in constant fear.



Thanks to very generous donations, Trinity is within less than \$5000 dollars of our goal. Your financial support will help bring these families to safety.

Community Fridge

Trinity continues to support Community Fridges. Please leave items in the box marked for Community Fridge. If you leave anything in the refrigerator please mark it for the Community Fridge and let someone from the Social Ministry Committee know that it is there.

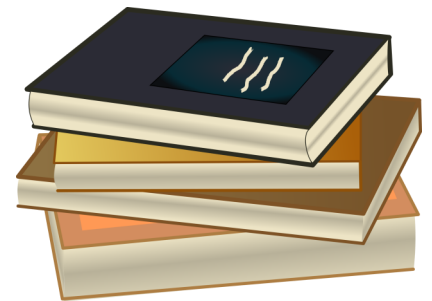
Financial donations can be made to support Trinity Refugee Ministry or Community Fridges:

- In your Sunday offering
- An e-transfer to tlchamilton2020@gmail.com
- 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

Trinity continues to stock the Little Library beside our church on Hughson Street. Please consider donating used (English) books for adults, youth and children. Members of Trinity and the community are welcome to enjoy any of the books. Take an opportunity to check it out!



Knitted and Crocheted Items

Knitted and crocheted items such as baby blankets, sweaters, hats and booties are always welcome. If you need wool or have donations, please contact Dianne Busser 905-389-4008. All items are shared with our community.

Thank you to Trinity members for expressing your compassion by responding to the needs of others with love and patience. The suffering of others becomes our suffering.

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.

Trinity Good Food Box Program

The Good Food Box (GFB) program offers quality healthy foods for less money, while encouraging everyone to eat nutritiously.

A Good Food Box includes 11 to 13 different fruits and vegetables.

The cost is \$22.

Subsidies are available.

For information or to order a good food box, contact Pastor Loretta at 905 536-2785 or email ljaunzarins@gmail.com.

If possible, please bring your own bags.

Locations and Pick Up Times for May

May 11- 232 Fennell Ave. E.

Pick up times: 11 am - 5 pm

May 11- 104 Hughson St. N.

Pick up times: 12 pm—2:30 pm



Trinity Lutheran Church - Contact Information

104 Hughson St N.

Hamilton, ON

L8R 1G6

905-974-9878

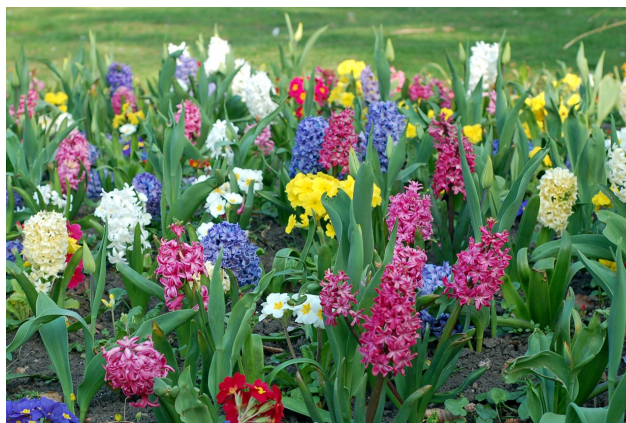
tlchamilton2020@gmail.com

www.trinity-hamilton.com

May Events Calendar

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

Monday May 1	Social Ministry Committee Meeting -7:00 p.m. via Zoom.
Tuesday May 2	Newsletter Committee Meeting -7:00 p.m., via Zoom.
Wednesday May 3	Mid Week Worship - 11:30 a.m., 1907 King Street E.
Thursday May 4	Choir - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
Sunday May 7	Worship Service -(in-person & Zoom) 10:00 a.m., 104 Hughson St. N. Sunday School -10:00 a.m., 104 Hughson St. N. German Worship - 11:15 a.m. at 104 Hughson St. N.
Wednesday May 10	Mid Week Worship - 11:30 a.m., 1907 King Street E.
Thursday May 11	Good Food Box - 11:00 a.m.-5:00 p.m., 232 Fennell Ave. E. Good Food Box -12:00 - 2:30 p.m., 104 Hughson St. N. Choir - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
Saturday May 13	Bird Watching -8:00 a.m.-10:00 a.m. Falkirk West Park. See page 4 for details.
Sunday May 14	Worship Service - (in-person & Zoom) 10 a.m., 104 Hughson St. N. Sunday School -10:00 a.m., 104 Hughson St. N.
Tuesday May 16	Lutheran Ladies United — 7:00 p.m. 232 Fennell Ave. E. See page 3 for details.



May Events Calendar continued

Wednesday May 17	Mid Week Worship - 11:30 a.m., 1907 King Street E.
Thursday May 18	Celtic Spirituality Meet-up - 4:30 p.m. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com . Choir - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
Sunday May 21	Worship Service - (in-person & Zoom) 10 a.m., 104 Hughson St. N. Sunday School -10:00 a.m., 104 Hughson St. N.
Tuesday May 23	Creation Care Group - 7:00 p.m. 104 Hughson St. N.
Wednesday May 24	Mid Week Worship - 11:30 a.m., 1907 King Street E.
Thursday May 25	Choir - 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information heide.lang@gmail.com or 905-616-2575.
Friday May 26	Taizé Worship Service -7 p.m. via Zoom. Contact Pastor Loretta for more information and Zoom link. ljaunzarins@gmail.com .
Saturday May 27	Bibles & Bagels -(in-person & Zoom) 9:00 a.m., 104 Hughson St. N. Men's Breakfast -9:00 a.m. 104 Hughson St. N.
Sunday May 28	Anniversary Sunday Worship (in-person & Zoom) 10 a.m., 104 Hughson St. N. Sunday School -10:00 a.m., 104 Hughson St. N.
Monday May 29	Trinity Board of Directors Meeting - 7:00 p.m. TBD.
Wednesday May 31	Mid Week Worship - 11:30 a.m., 1907 King Street E.

