



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*

Thanksgiving is around the corner and with it the many culinary delights we enjoy year after year, from turkey and stuffing to pumpkin or apple pie. I am a huge fan of apple pie even after this thing with Adam and Eve. Even though they ate from the forbidden tree and gave apples somewhat of a bad reputation, it was unjustified.

Whatever was growing on the tree of knowledge is only identified as "fruit" by the Bible. The confusion with apples probably goes back to a Latin play on words. "Malum" can mean two things. Pronounced with a short "a" it means "evil," with a long vowel it means "apple".

One of the early bishops, Ambrose of Milan, redeemed the apple by comparing Jesus on the Cross with the apple hanging from the Tree of Life. Apples quickly became symbols of life and hope in the Christian tradition. My mother even hung them as decorations on our Christmas tree, reminding everybody of the hope and healing Christ brings into the world.

Apples are a symbol of hope and renewed life. I like that and will enjoy my apple pie on Thanksgiving as a sweet reminder of the hope Christ continues to bring into our lives. That hope is essential, especially during these trying times of housing crises, inflation, climate change, geopolitical tensions and war.

I am grateful for our community and the faith we share in God, whose "goodness is stronger than evil." We often sing in worship, praising God for his love that is stronger than hate, his light which is stronger than darkness, and his life which is stronger than death. Victory is ours through him who loves us.

**Continued on the next page**

#### October 2023

Volume 4, Issue 8

#### Inside this issue

<a href="#">Pastor's Message</a>	1
<a href="#">Pastor's Message continued</a>	2
<a href="#">Trinity Milestones</a>	2
<a href="#">Lutheran Ladies United</a>	2
<a href="#">Trinity Board of Directors</a>	3
<a href="#">Thanksgiving Altar</a>	3
<a href="#">An Apple a Day</a>	4
<a href="#">An Apple a Day continued</a>	5
<a href="#">Bird Watching Outing</a>	6
<a href="#">Pastor Thomas Mertz</a>	6
<a href="#">Level Ground Coffee</a>	7
<a href="#">Thanksgiving Soup</a>	8
<a href="#">Choir</a>	8
<a href="#">Social Ministry Committee</a>	9
<a href="#">Good Food Box</a>	10
<a href="#">Trinity Contact Information</a>	10
<a href="#">October Events Calendar</a>	11
<a href="#">October Events Calendar</a>	12



## Trinity Milestones

### Happy Birthday

To our Trinity members  
turning 90 +.

#### Congratulations!

October 4

**Halvetta (Dutch) Kelly**

October 13

**Walter Anders**

October 26

**Ingeborg Semianiw**

### Pastor's message continued

It's what fills us with hope and allows us to do the many things Trinity does out of love for others and not take the many blessings we receive for granted.

Enjoy this Thanksgiving with many thanks to Emma for sharing her favorite apple dessert recipe. It is a sermon of sorts, telling us God is good!

Yours, Pastor Thomas

### Lutheran Ladies United (LLU)

**Tuesday October 17, 12:30 p.m.**

**232 Fennell Ave. E.**

Pot Luck Lunch

Join us at the Fennell Avenue site for a  
Thanksgiving potluck lunch.



Save the date for the Advent/Christmas Bazaar!

Saturday November 18, 2023 at 232 Fennell Ave. E. location.

Baked goods, lunch, crafts and more!

Details to follow in next month's newsletter.



On Sunday, September 24th, Pastor Thomas announced his intent to retire in 2024. The Board, aware of Pastor Thomas's plans, met with Doug Reble, Assistant to the Bishop. Doug is responsible for Interim Ministry and the Call Process for the Synod. We have begun our own Call Process to look for another Pastor to replace Pastor Thomas, and to help Pastor Daniela who is staying on.

The board will organize a Call Committee to be representative of the congregation. We are looking for five to six people of different ages, genders, and length of time with the congregation, who are willing to commit to the process. This process may take six months or more.

Your role as a member of the Call Committee would be to attend meetings and to evaluate the candidates as they are decided upon. Though this may take some time, it will not be a constant, weekly commitment.

If you are interested, please contact Cathy Calvin at [dccalvin1980@gmail.com](mailto:dccalvin1980@gmail.com). We will consider all who put their names forward. The Board will notify the successful candidates who are chosen.

Thank you in advance to all who may agree to aid us in this very important work for Trinity congregation.

Cathy Calvin

Chair, Trinity Board of Directors

## Thanksgiving Altar

**On Saturday October 7**, we will be decorating the Thanksgiving altar at the Hughson Street location. Any donations from your garden or the grocery store are greatly appreciated.

Please drop off donations to the office at 104 Hughson Street N. by 3:00 p.m. by Friday October 6.

Lutheran Ladies United (LLU)



## An Apple A Day Keeps the Doctor Away... Fact or Fiction? By Emma Begert

Apple season is one of fall's loveliest gifts. Who can resist the delight of biting into a freshly picked, crisp, juicy apple? What about the irresistible taste of cinnamon and apple pie or the tantalizing aroma of spicy, mulled apple cider? But are apples as healthy as the old slogan claims?

Here is some apple trivia that may convince you.

- Apples float in water because approximately 25% of their volume is actually air. Apples are less dense than water, making them the perfect fruit for apple bobbing. But more importantly, apples are also about 85% water, making them an excellent hydrating snack food.
- Apples are high in vitamin C and various antioxidants. Apples' nutrients vary a bit, depending on the type you are eating. Apple peels are rich in antioxidants, most notably quercetin. The darker the apple's skin, the more antioxidants it contains.
- Apples are also high in fiber as well as being very filling. They have a low-calorie count of 60 to 80 calories per apple.
- Apples are a good fruit for those with diabetes because fiber slows the absorption of glucose into the bloodstream. This fiber may help prevent spikes in blood sugar and insulin levels. The fructose in apples is also better than glucose.
- High cholesterol is a major risk factor for heart disease because it clogs your arteries, restricting blood flow to your heart. But the antioxidants and fiber in apples are an effective combination to help lower cholesterol levels. Apple pectin may boost heart health by lowering cholesterol and blood pressure levels.
- The fiber and quercetin in apples can also lower blood pressure by helping blood to flow more smoothly. They have also shown to ease inflammation in the body, especially in the respiratory system.
- Finally...apples are just plain "delicious"!



Continued on next page

### Emma's Favourite Apple Molasses Bran Muffin Recipe

#### Ingredients:

- 1  $\frac{3}{4}$  cups flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp ground ginger
- 2 large eggs
- $\frac{3}{4}$  cup brown sugar
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup canola oil
- $\frac{1}{2}$  cup molasses
- 1  $\frac{1}{2}$  cups of All-Bran cereal
- 3 apples, peeled, cored and diced



#### Method:

Pre-heat oven to 350°. Line 18 muffin cups with parchment muffin liners.

In the first bowl combine the first 5 dry ingredients.

In a larger bowl, whisk eggs. Whisk in brown sugar, milk, oil and molasses. Fold in the bran cereal and let it soak for 5 minutes.

Fold in the dry ingredients all at once just until moistened. Stir in the diced apples.

Using a  $\frac{1}{3}$  cup scoop, spoon the batter into the muffin cups. Bake for 25 minutes or until a toothpick, inserted into the middle, comes out clean. Cool on a wire rack. Really yummy, served warm.

\*Special note: recommended apples are Cortland or McIntosh.

#### Canadian Apple Trivia

John McIntosh discovered the original McIntosh sapling on his farm outside of Ottawa in Upper Canada in 1811. He and his wife cultivated it, and the family started grafting the tree and selling the fruit in 1835. In 1870, it entered commercial production. In 1898 McIntosh was crossed with another cultivar to create the Cortland apple.



## Bird Watching Outing

**Saturday, October 21<sup>st</sup>, 10:00 to 11:30 a.m.**

### **Princess Point Trail, Royal Botanical Gardens**

Whether you are an experienced birder or a novice, join Debbie Lindeman and Dennis Price at 10:00 a.m. for a morning of birding and nature appreciation.

Princess Point Trail offers a variety of habitats to attract migrating and resident birds. This includes the shallow waters of Cootes Paradise, the restored tall grass prairie on the peninsula, and the surrounding forests. The entire trail is 2 km. The sections through the fields are easy, but the trail is more rugged and hilly as it makes its way through the forest. We can decide as a group where we would like to proceed. The charge for parking there is \$3/hour and it's free if you have a displayed RBG pass. Car pooling can be arranged.

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

Please bring binoculars if you have them.



## Pastor Thomas Mertz Retirement Announcement

Dear friends,

I recently announced my upcoming retirement to our Trinity board and want to share the news with all of you as well. I plan to retire in the spring of 2024. The exact date will depend on when a newly called pastor can begin her or his ministry at Trinity.

Having been allowed to serve as your pastor was a privilege and great joy to me. I am tremendously grateful for the opportunity, for your steadfast support, and for your many prayers. I treasure the relationships and even friendships formed with you over the years. I feel truly blessed.

While I announce my retirement to you today, it will not be a good-bye. With the council's consent, I will keep my membership with Trinity so I may continue to worship with the Lutheran community in Hamilton.

Daniela will stay on as one of the pastors at Trinity.

Yours , Pastor Thomas Mertz

People frequently comment on the tasty home-baked goodies served at Coffee Hour on Sundays, but they especially comment about the delicious coffee. About five years ago the Ladies group decided to start buying fair-trade coffee. We did some thorough research as we knew well that it is more expensive. We felt it was the right thing to do for many reasons. The great taste is only one of them.

We started buying our coffee through the Mennonite organization *Ten Thousand Villages*. When they eventually closed, we turned directly to the supplier that they had worked with in British Columbia called Level Ground.

They have come a long way since they started in the 90's. Back then they only had a handful of people working to roast coffee after-hours, using a borrowed roaster and making coffee in small 4 lb. batches.



Their first farmer partnership was with a co-op in Colombia. Since then, they have worked with over 5,000 farmers across seven countries.

In 2018 they moved to their current location near Victoria, BC where they have offices, a roastery, and a café. It's hard to believe that they have only about 30 staff in their whole facility considering they ship to grocery stores and customers all across Canada.

Their coffee is organic and fair trade. That means the use of harmful chemicals is not allowed. The environmentally conscience and sustainable farming methods help to protect the farmer's health and help to preserve the ecosystem for future generations.

Fair trade products in general come from all over the world but share a common goal. They directly support a better life for the farming families through fair prices, community development and environmental stewardship.

Fair trade farmers can sell their harvest directly to international buyers through long-term contracts. This helps them gain a reliable income, invest in their family's health care and education, reinvest in quality and protect the environment.

If you would like to know more or order fairtrade coffee, please talk to Pastor Dani or visit [Level Ground's website](#).

## Thanksgiving Soup and Get Together

**Come and join us on Wednesday, October 4 at 6.00 pm at 104 Hughson St. North.**

Thanksgiving is a great opportunity to come together and thank God for all the good and wonderful things we experience every day.

All children, youth, and everyone young at heart are invited! We will have some fun crafts, songs and some thanksgiving soup.

Everyone is welcome. Please call or email the office to let us know if you're coming to make sure we'll have enough soup.



## Choir- Worship God with Music!

Whether contemporary, traditional or global music is your favourite, there's always a way to musically enhance our worship. This is for singers and players of all instruments!

Contact Heide at [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.

**Choir practices are held at 104 Hughson St. N. on Thursday evenings at 7:00 p.m.**





## Social Ministry Committee

The Winter Apparel Drive will begin again in October. Items for people of all ages are required and should be clean and in good repair.

Please consider donating:

- Waterproof or water resistant winter coats
- Gloves, hats and socks
- Boots and shoes
- New underwear and toiletries
- Sleeping bags
- One of the schools in our area has made a special request for “dollar store” gloves for children.

You can drop items off at 104 Hughson St. N. on Sundays. Please contact Carol-Ann at 905-974-9878 to arrange to drop off at Hughson on a day other than Sunday. To arrange for a pick up, please contact Dianne Busser 905-389-4008.

In the past we have supported people attending the Out of the Cold program. Items have also been donated to other community programs.

**Knitted and Crocheted** hats, scarves, gloves, socks, baby sweaters and blankets are always needed by community programs. If you have items to donate, or if you need wool or have wool to donate contact Dianne Busser at 905-389-4008.

**The People’s Cafe** continues at Trinity, at the Hughson location, every Tuesday from 10:00 am to 12:00 pm. Refreshments and fellowship are offered to anyone wanting to come. Volunteers are needed to welcome people and assist with refreshments. Contact Pastor Dani if you are interested in volunteering.

**Community Fridges, Hamilton** need your ongoing support. Please consider donating food to help address food insecurity in our community. Non-perishable food can be left in the bin at Hughson and perishable food, labeled for the Community Fridge, can be left in the refrigerator at Hughson. Fresh garden produce is welcomed. Please check that the dates on all food items have not expired.

Financial donations can be made to support **Community Fridges**:

- In your Sunday offering.
- As an e-transfer to [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com).
- By cheque made out to Trinity Lutheran Church and mailed to our Hughson St. location. Please include a note indicating what program you wish to donate to.

**Trinity’s Back-to-School Supply Collection** helped provide a great start to the school year. Thank you to everyone that supported this worthwhile program. We received \$755, which was used to purchase lunch bags and backpacks. On behalf of Trinity, all the supplies were donated to [Empowerment Squared](#) and three elementary schools.



## Trinity Lutheran Church Pastors

**Pastor Daniela Mertz**

**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.

The Editorial Team is:

**Emma Begert**

[erbegert@gmail.com](mailto:erbegert@gmail.com)

**Cathy Calvin**

[dccalvin1980@gmail.com](mailto:dccalvin1980@gmail.com)

**Kathy Davidson**

[kedavid42@gmail.com](mailto:kedavid42@gmail.com)

**Debbie Lindeman**

[deborahlindeman3@gmail.com](mailto:deborahlindeman3@gmail.com)

**Pastor Thomas Mertz**

[tfrm58@gmail.com](mailto:tfrm58@gmail.com)

**Pastor Daniela Mertz**

[daniela.mertz@elkb.de](mailto:daniela.mertz@elkb.de)

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

## Trinity Good Food Box Program

Trinity's Good Food Box program is back again every second Thursday of the month from September to June.

Thank you to all our wonderful volunteers who help with the packing and delivery of the Good Food Box (GFB).

For \$22 you will receive 11 to 13 different fruits and vegetables. Subsidies are available. If possible, please bring your own bags.

The deadline to order is **October 5th**.

To order a good food box, contact Pastor Thomas at 289-680-7387 or email [tfrm58@gmail.com](mailto:tfrm58@gmail.com).

You can also access the Trinity [online Good Food Box Sign up form](#) to order online.

### Locations and Pick Up Times

**October 12**

**232 Fennell Ave. E.**

Pick up times: 11 am - 5 pm

**October 12**

**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](mailto:tlchamilton2020@gmail.com)

[www.trinity-hamilton.com](http://www.trinity-hamilton.com)

## October Events Calendar

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

- Sunday Oct. 1**                      **Worship Service** -(in-person & Zoom) 10:00 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Confirmation Class**- Following Sunday worship at 104 Hughson St. N.  
**German Worship** - 11:15 a.m. at 104 Hughson St. N
- Tuesday Oct. 3**                      **Newsletter Committee Meeting**- 7:00 p.m. via Zoom.
- Wednesday Oct. 4**                      **Mid Week Worship** - 11:30 a.m., 1907 King Street E.  
**Thanksgiving Soup and Get Together**- 6:00 p.m. 104 Hughson St. N.
- Thursday Oct. 5**                      **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.
- Sunday Oct. 8**                      **Worship Service (Thanksgiving)**-(in-person & Zoom) 10:00 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Confirmation Class**- Following Sunday worship at 104 Hughson St. N.
- Wednesday Oct. 11**                      **Mid Week Worship** - 11:30 a.m., 1907 King Street E.
- Thursday Oct. 12**                      **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.  
**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.
- Sunday Oct. 15**                      **Worship Service** - (in-person & Zoom) 10 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Confirmation Class**- Following Sunday worship at 104 Hughson St. N.
- Tuesday Oct. 17**                      **Lutheran Ladies United**– 12:30 p.m. 232 Fennell Ave. E. Potluck Lunch.
- Wednesday Oct. 18**                      **Mid Week Worship** - 11:30 a.m., 1907 King Street E.
- Thursday Oct. 19**                      **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.

## October Events Calendar continued

- Saturday Oct. 21**      **Bird Watching Outing** - 10:00 a.m. Princess Point Trail of the Royal Botanical Gardens. See page 5 for details.
- Sunday Oct. 22**      **Worship Service** - (in-person & Zoom) 10 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Confirmation Class**- Following Sunday worship at 104 Hughson St. N.
- Wednesday Oct. 25**      **Mid Week Worship** - 11:30 a.m., 1907 King Street E.
- Thursday Oct. 26**      **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information [heide.lang@gmail.com](mailto:heide.lang@gmail.com) or 905-616-2575.
- Saturday Oct. 28**      **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 Oct. 29**      **Worship Service (Reformation)** - (in-person & Zoom) 10 a.m., 104 Hughson St. N.  
**Sunday School** -10:00 a.m., 104 Hughson St. N.  
**Confirmation Class**- Following Sunday worship at 104 Hughson St. N.
- Monday Oct. 30**      **Trinity Board of Directors Meeting**- 7:00 p.m. Location TBD.
- Tuesday Oct. 31**      **Creation Care Group**— 7:00 p.m. at 104 Hughson St. N.

