



Trinity Lutheran Church

One in Christ Newsletter

News In and Around

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

Pastor's Message

By Pastor Thomas Mertz

Pentecost might just be the least tangible of all the church festivals and we shouldn't be surprised. We all know "the spirit blows where it wills." Yet Pentecost always has been and still is of considerable importance for the Christian community. It stands for vitality, creativity, and positive change.

The spirit apparently chose to postpone my official retirement as pastor of Trinity to the beginning of May. Pentecost has always meant to surrender to the sometimes-unexpected flow of life with God and facing the unpredictable as we follow Christ.



The Coming of the Holy Spirit at Pentecost-Charles-Nicolas Cochin

The arrogance and grandeur of God's people once led to the Tower of Babel. Though instead of lifting humanity up to heights, they created a huge mess and have done so again and again throughout history. That tower project didn't bring people together but made it impossible for them to understand each other and relate to each other. It burnt so many bridges to each other and to God.

Pastor's message continued next page.

May 2024

Volume 5 Issue 4

Inside this issue

[Pastor's Message 1](#)

[Milestones 2](#)

[Lutheran Ladies United 2](#)

[Bake, Plant, Garage sale 2](#)

[Congregational](#)

[Communication 3](#)

[Interview with Pastor](#)

[Jordan Smith 4](#)

[Creation Care Group 6](#)

[Soc. Ministry Committee 7](#)

[Embracing Life 8](#)

[Good Food Box 8](#)

[Hiking Group 9](#)

[The Friendship Circle 9](#)

[Taxi Program 10](#)

[Trinity Contact 10](#)

[May Calendar 11](#)

[May Calendar cont. 12](#)

Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90 +.

Ingrid Domke - May 6

Helmut Zabel - May 8

Rosemarie Hilgendag - May 12

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

However, on that first Pentecost morning the confusion and separation were lifted, and all could experience this in body and mind. Where the spirit of God moves people there is life and there is community. The church emerges as a people getting together to welcome one another, talk, listen, and support each other. Church is no longer an institution but a people living together in the light of God.

Just like then, the spirit will still carry us to new shores. God's spirit allows us to venture to new beginnings. It enables us to speak to each other in ways where we really understand each other because we speak as people who are "of one spirit" in the truest sense of the word.

Lutheran Ladies United (LLU)

May 21 at 7:00 p.m.

232 Fennell Ave. E

Join us for the 26th Women's Event with guest speaker Pastor Bethan Riehle-Jones from Faith Lutheran in Brantford.

Mother's Day Weekend - Bake, Plant & Garage Sale

Saturday May 11, 2024, from 10:00 a.m. to 2:00 p.m.

232 Fennell Ave. E.

Donations of baked goods, plants (indoor or outdoor), household and clothing items "in good condition" would be very much appreciated. Drop off at Fennell location.

Baked goods can be dropped off on:

May 10, 10:00 to 3:00, and May 11, 9:00 to 10:00. If you need assistance, call Gail Bennie at 905-536-0800. Many thanks for supporting the work of the LLU.



Congregational Communication - By Cathy Calvin, Chair, Trinity Board of Directors

Dear Congregational Members,

First, Happy Mother's Day to all the mothers, grandmothers, aunts, and other women role models in our congregation! Your love and dedication are so appreciated every day, but you deserve this special recognition on your day. Be sure to celebrate your "Mom" on May 12th.

The information regarding the changes to our constitution was not mailed/distributed in April, as it was supposed to be. Therefore, our May 19th congregational meeting will be cancelled. The information will now be distributed in the first week of May and the congregational meeting will now be held June 16th. See the weekly email chimp and the June newsletter for updates.

Pastor Thomas' retirement service will be Sunday, May 5th. There will be a luncheon after the service to honour him. Please make every effort to attend in person. He will be around in the congregation but will not be taking part in the services on Sunday mornings.

Our new pastor, **Pastor Jordan Smith**, will be starting his time with us on Tuesday, May 21st. He will be commuting from Toronto for the first few months, and we will be posting his contact information and office hours once he starts. His first Sunday with us is May 26th. We will have a special coffee hour that day to introduce him.

May 26th is also Music Sunday! Be sure to attend that day, not only to meet the new pastor, but to enjoy all the musical gifts our congregation has. It promises to be a great service.

Some advance notice - Pastor Jordan Smith's installation service will be held Sunday, June 9th at 3:00pm. The service will also be live streamed via Zoom as well. The service is held in the afternoon so that colleagues and family will be able to come to the installation service. There will be fellowship and a light meal following the installation service. All are invited to attend. Please note, there will not be a morning service that day.

Congratulations are in order! Congratulations to **Pastor Daniela Mertz** who has been chosen as Dean of the Bay Area now that Pastor Thomas is retiring. The job will add a bit to her duties, but we know she will do a great job. One of her first official duties is to install Pastor Jordan!

Lastly, we have heard from Hamilton Community Foundation regarding the sale of the King Street site. The foundation is now working with Indwell to purchase the site for Indwell to develop. This means we should see an actual offer in the coming days. Stay tuned for further information regarding this very positive update.

I had the pleasure of speaking with Pastor Jordan in April. We began with some quick questions and moved on to some questions that members of our congregation have been asking me. I hope you enjoy getting to know our new Pastor.

Here are some rapid-fire questions that we started with:

1. Coffee or tea? **Coffee**
2. Cats or dogs? **Cats**
3. Summer or winter? **Spring!**
4. Beach or mountains? **Mountains**
5. Action movies or comedies? **Action movies**
6. Pizza or burger? **Pizza**
7. Books or movies? **Movies**
8. Early bird or night owl? **Night owl**
9. Sweet or savory? **Sweet**
10. City life or countryside? **City life**
11. Facebook or Instagram? **Facebook**
12. Fiction or nonfiction? **Nonfiction**
13. Texting or calling? **Texting**
14. Camping or hotel? **Camping**
15. Netflix or YouTube? **YouTube**
16. Sunsets or sunrises? **Sunsets**
17. Dancing or singing? **Singing**
18. Marvel or DC? **Marvel**
19. Indoor activities or outdoor activities? **Outdoor!**

Can you tell us about your family?

My wife's name is Carmen. In the fall we will be married for 14 years. We met in university in a television production and media studies program. We ended up having our internship together at CBC. This was my first move to Toronto. She's been a Toronto girl her whole life. Carmen still works at CBC, so she'll be getting used to taking the Go train. She is an Associate Director at CBC and splits her time between the News and Sports departments. She's the air traffic controller of the show, keeping everything on time and in the right spots. She'll be working on Olympics coverage this summer!

My kids are Anitta and Eileen. Anitta is turning 11 this summer, and she loves reading. She is the fastest reader I know and just devours books. She loves soccer and trying new things with her friends. Eileen is turning 9 in May. She also loves soccer, and it's her favourite sport. She loves singing and dancing and being silly. She can always find a way to make you laugh! They enjoy helping with the live stream and camera work for church on Sunday.

Continued on the next page.

Can you talk about your faith journey?

I grew up in a family that had strong connections and involvement in the church. My father was a pastor, so I'm a PK (Pastor's Kid). My grandfather and great grandfather were also pastors. My Mom was also a PK. My whole family was involved in the church. Even as a teenager I was involved. My whole life I was told I have gifts to be a pastor. I did not reject this idea but felt I had gifts that could be used in other ways as a lay person. As a teenager and young adult, I was involved in CLAY (Canadian Lutheran Anglican Youth) on the drama team and as a producer.

I was working in the television industry freelancing at two companies and an opportunity for a full-time job came my way. I started asking what I would do next if I weren't working in this field. I started asking if I wanted to go back to school to study theology, even to do better work as a lay person. Once I started at school, I knew 5 minutes into my first course that only one path was left, and I wanted to be a pastor.

What was it about those first 5 minutes?

In that first course we started talking about what the spiritual life looks like and how a pastor supports that in a congregation. It was a diverse group from different denominations, and I identified with the Lutheran interpretation immediately.

I went to school with the intention to continue to improve my understanding of theology, but I knew this was the call. I started at Wycliffe college at the University of Toronto and then split my time between Wycliffe and Martin Luther College. I also found an Anglican priest that really helped me through this process. I had two Internships at historically German congregations which were First Lutheran Church in Toronto and Martin Luther Church in Etobicoke.

What do you love most about being a pastor?

I enjoy asking and discussing questions with people, whether that's about Bible and faith or questions about what's happening in people's lives. I enjoy being asked questions and thinking things through. This is why I preached on Mark's gospel for Easter because he just ends it unresolved. It leaves a space to ask questions and to reflect on what is happening next.

I also love offering permission for people to try new things. I've been fortunate in my growing up in the church and my work that I've been given permission to try new things or participate in things that already exist. I like seeing people exploring new opportunities.

What are you most looking forward to in this new ministry at Trinity?

I'm excited to see how Trinity is exploring all the outreach ministries that I've heard about and seeing how this is lived out in the community. Sunday worship is a love of mine but I'm excited to see how the rest of the work happens during the week.

I'm also looking forward to hearing about how you've come together as one congregation, and how your past experiences have shaped this common community.

More and more people are incorporating native plants into their gardening as a way of protecting local biodiversity and giving back to nature. You don't have to have a large yard to do this. Any little patch will do, and that patch can be as small as a container!

I haven't had much experience with container gardening. We have a large lot with plenty of space. However, our property is mostly shady, and we wanted to provide sun-loving milkweed plants for the Monarch butterflies. Monarch caterpillars only feed on milkweed plants and with extensive agriculture and urbanization, these butterflies are having a hard time finding milkweed plants on which to lay their eggs. Word has gotten out of the Monarch's plight and many homeowners are including our three locally native milkweeds into their gardens: Common, Swamp, and Butterfly Milkweeds. Swamp and Butterfly Milkweeds are well-behaved plants, but Common Milkweed gets a bad rap for spreading aggressively by rhizomes. We wanted to include Common Milkweed on our property, but where could we place it where there is plenty of sun and the rhizomes wouldn't be a problem?

We had a sunny spot at the edge of our gravel driveway and experimented with planting four young Common Milkweed plants in a large pot. The plants thrived and we were thrilled to find Monarch caterpillars on these plants that first summer! Now, how will the plants survive winter in a pot? I placed a thick layer of partially composted leaves on top and wished for the best. Wouldn't you know that that winter I ran into the pot with the car and cracked it, so had to transfer the plants the best I could into another pot. Not expecting much, I was absolutely amazed that not only did the plants survive, but they were sending up new shoots. The original plants flowered during the third summer and the fragrance was heavenly, attracting an assortment of bees. Monarch caterpillars were discovered on the plants all three summers!

Why don't you give container gardening with native plants a try? I've only tried Common Milkweed so far, but I'm sure there are other hardy natives that would adjust to living their lives in a container. Keep in mind that caterpillars often will travel quite a distance from their host plants to pupate, so have your containers close to shrubs and other plants. Also, don't cut off the old stalks until well into the spring so birds can feed on the seedheads over the winter and insects can overwinter in the stalks.



Common Milkweed plant



Monarch Caterpillar

Social Ministry Committee

Your donations of food and financial support help us to continue to address food insecurity in our community through **Community Fridges, Hamilton**. Often there are people waiting at the fridges/ pantries when we are dropping off food monthly. The need continues to be great.

Our **People's Cafe** continues weekly and some of the guests are in need of summer clothing, that is clean and in good repair. T-shirts, light pants or shorts, shoes, socks and new underwear are appreciated and can be dropped off on Sundays at Hughson St. You can also contact Carol-Ann at 905-974-9878 to arrange a drop off at Hughson on a day other than Sunday.

Trinity's Little Library is available to everyone and as the weather warms up the demand for books becomes greater. There is a specific need for children's books. All books can be dropped off at the Hughson St. location.

The Liberian Learning Center is a complex of three facilities in Paynesville, Liberia. It is focused on transforming education in the region and providing access to learning resources for over 250,000 community members. The Center will be built in three phases. Phase One will include a Public Library, a Children's Library, and a Small Business Incubation Center. It is planning on opening its doors on December 6, 2024.



Liberian Learning Center

This phase will host a wide range of programs including information literacy, educational programming, computer training, life skills, personal and career path development, and peer-to-peer mentorship. The need for the Learning Center was identified by Leo Johnson who grew up in Liberia and moved to Canada in 2006. The project has been collaborative and led by [Empowerment Squared](#) where Leo is the Executive Director. We asked Leo what was needed before the opening, and he made several suggestions.

The Social Ministry Committee is asking for your support towards purchasing 5 computers, including the software and accessories, which will cost approximately \$7000. In total, the Center is hoping to have 30 workstations with computers. This project will run until July 31 and any support is appreciated.

Financial donations can be made to support **The Liberian Learning Center 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., L8R 1G6, Hamilton, Ontario. Please include a note indicating which program you wish to donate to.

Embracing Life: A Reflection on Living and Dying

One of the most remarkable physicians and pioneers in palliative medicine was Dame Cicely Saunders (1918-2005) from the UK. She once said: "It is not the worst thing for people to find out that they have lived and are now going to die. The worst thing is to find out that one hasn't lived, and one is now going to die."

The question of what defines a good, meaningful, qualitative life is profound and challenging to answer. Drawing from my personal observations as a palliative care physician, which I have practiced for over a decade, I've come to understand that patients facing the end of life rarely express regret about not accumulating more wealth or working longer hours. Instead, they often express regrets about not spending enough time with loved ones or failing to resolve conflicts with others. Whether it's through acts of kindness, artistic expression, or missed opportunities for reconciliation, our actions and choices shape the memories others hold of us.

In the face of life's uncertainties and fleeting moments, spirituality often serves as a source of solace and resilience, enabling us to find meaning and strength in the face of adversity. Let us endeavor to live authentically, embracing each moment with intentionality and compassion. After all, we only have one life to live. Let's make it count!

Katrin Conen, Trinity Church Member and Palliative Care Physician with McMaster University and Niagara Health

Good Food Box

Trinity's Good Food Box program runs every second Thursday of the month from September to June. For \$22 you will receive a bag of assorted fruits and vegetables. Subsidies may be available.

If possible, please bring your own bags.

To order a good food box, contact Pastor Thomas at 289-680-7387 or email tfrm58@gmail.com.

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

Please note that orders must be placed by May 2.



Locations and Pick-Up Times

Thursday May 9

Trinity at 232 Fennell Ave. E.

Pick up times: 11 a.m. - 5 p.m.

Trinity at 104 Hughson St. N.

Pick up times: 12 p.m.- 2:30 p.m.

Hiking Group

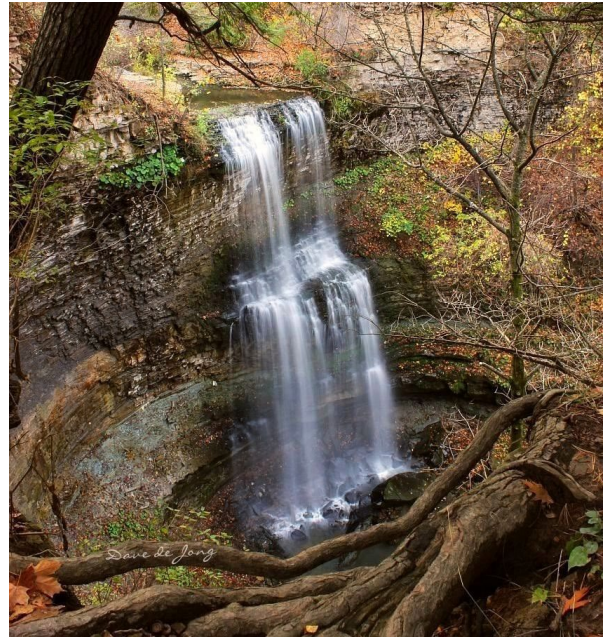
June 1- Felker's Falls

9:30 a.m.- Approx 60 to 80 minutes of hiking

Come and join the Hiking Group to explore Felker's Falls in Stoney Creek.

We will meet at 9.30 a.m. at the parking lot at 44 Ackland Street in Stoney Creek.

Everyone is welcome.



Felker's Falls



The Friendship Circle

Mondays at Trinity- 232 Fennell Ave. E.

9:00 a.m. to 11:30 a.m.

The Friendship Circle ladies meet to enjoy fellowship and creativity. We quilt and work on other creative projects. No experience is necessary.

The Friendship Circle is also looking for cotton material for quilting, lightweight towels to make washcloths and flannel (sheets) to make diapers.

If you're interested in joining, want more information, or if you have donations, please contact Marie Stanat 289-919-0603.

Trinity Lutheran Pastors

Pastor Daniela Mertz

Pastor Thomas Mertz

One In Christ newsletter 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 are edited for clarity, positivity, adherence to our mission, constitution and the love of Christ as revealed in the Holy Scriptures.

The Editorial Team:

Emma Begert

erbegert@gmail.com

Cathy Calvin

dccalvin1980@gmail.com

Kathy Davidson

kedavid42@gmail.com

Debbie Lindeman

deborahlindeman3@gmail.com

Pastor Daniela Mertz

daniela.mertz@elkb.de

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

Taxi Program

1. To order a taxi call Hamilton Cab at **905-777-7777**.
2. Press "0" to speak to an operator and order the taxi. If you use the App, it will not go on Trinity's account, and you will have to pay for it.
3. Say that you would like to order a taxi on the account of Trinity Lutheran Church for one of the following addresses:
 - 104 Hughson St. N
 - 232 Fennell Ave E
4. Confirm with the driver that this is on the account.
5. Ask for a receipt with the fare amount on it. Give the receipt to one of the pastors, LLU members, or bring to the church office.
6. You can give them a tip if you wish especially if they help you with a walker, etc.
7. You can use a taxi to go to any of the Trinity sites any day of the week.
8. Make sure you are ready to go before you order the taxi as they can be there within minutes.
9. If you have questions, call the office during the week between 9:00 a.m. and 3:00 p.m. at 905-974-9878.

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.

Check out [Trinity's online events calendar](#) for additional community events.

- Wednesday May 1** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday May 2** **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information at heide.lang@gmail.com or 905-616-2575.
- Sunday May 5** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
Retirement luncheon for Pastor Thomas- after the service.
- Monday May 6** **The Friendship Circle**- 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
Worship and Music Committee Meeting- 7:00 p.m. Via Zoom.
- Tuesday May 7** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Newsletter Committee Meeting- 7:00 p.m. via Zoom.
- Wednesday May 8** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday May 9** **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 at heide.lang@gmail.com or 905-616-2575.
- Saturday May 11** **Bake, Plant & Garage Sale**- 10:00 a.m. to 2:00 p.m., 232 Fennell Ave. E.
- Sunday May 12** **Worship Service** - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
- Monday May 13** **The Friendship Circle**- 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday May 14** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
- Wednesday May 15** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday May 16** **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information at heide.lang@gmail.com or 905-616-2575.

May Events Calendar

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

Check out [Trinity's online events calendar](#) for additional community events.

- Saturday May 18** **German Afternoon** -2:00 p.m., 104 Hughson St. N.
- Sunday May 19** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Sunday School -10:00 a.m., 104 Hughson St. N.
- Tuesday May 21** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Lutheran Ladies United -7:00 p.m. 232 Fennell Ave. E.
- Wednesday May 22** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday May 23** **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information at heide.lang@gmail.com or 905-616-2575.
- Saturday May 25** **Bibles and 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 26** **Music Sunday Worship Service** - (in-person & Zoom) 10 a.m., 104 Hughson St. N.
- Monday May 27** **The Friendship Circle**- 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
Trinity Board of Directors Meeting – 7:00 p.m., 104 Hughson St. N.
- Tuesday May 28** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Creation Care Group- 7:00 p.m. to 8:30 p.m., 104 Hughson St. N.
- Wednesday May 29** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday May 30** **Choir**- 7:00 -8:30 p.m., 104 Hughson St. N. Contact Heide Lang for more information at heide.lang@gmail.com or 905-616-2575.

