



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 Daniela Mertz

The last week of August I took our youth from Trinity to a summer camp at Lake Huron. Youth and pastors from a few of our Eastern Synod congregations spend a week together at Kintail. It is a wonderful site that belongs to the Presbyterian Church.

We had a great week of swimming, climbing, games, campfires, worshipping together, learning, and talking to each other. The theme for this camp was "belonging,". Each day we reflected on different aspects of what it means to belong.

Everyone agreed that all of us has this need to belong. Nobody can or wants to live completely by themselves. We all wish and need to be accepted and respected by others. We all long to have people around us who care and who are interested in our thoughts and what have to say. Belonging is a universal, basic need.

On one of the first days, we crafted small boxes. One for each participant. They were used to hold note cards that each of us filled over the course of the week. We wrote down all the positive traits we see in the others, which wasn't hard to do. People get to know each other quickly at camp and the boxes were filling up fast. It was a tangible sign that everybody was appreciated and accepted.

At the bottom of each box, we had put a verse from the prophet Isaiah that said "Do not be afraid, for I have redeemed you. I have called you by name." It's a reminder of God's promise. God called us by our names, that means God knows us individually.

God not only knows us, but God also accepts us and loves us as a caring parent loves his or her children.

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Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90+.

Sept. 8- Maria Sihleanu

Sept.14- Roman Neske

Sept.16- Beverley Trimborn

Sept. 20- Magdalena

Hubatschek

Sept. 27- Shirley

Subonovich

Happy Anniversary

September 14

Bob & Karen Tiefenbach

Happy 50th Anniversary

Pastor's message continued

We belong to God who is the foundation of our lives and nothing and nobody can take that away from us.

God's promise is also the foundation of our life together as a congregation and as a church. To me church has always been a most amazing place. We come together on a regular basis with different ages, life stories, backgrounds, interests, all with different views and opinions about all kinds of things. But that doesn't keep us from worshipping God together. We pray and sing together, sit at the same table for coffee hour and fundraiser meals, and we come together to learn, discuss and play together.

September 8 is Rally Sunday. It's a wonderful opportunity to come together. All of Trinity's groups will be starting back up in September. Our church is a great place where all can find a sense of belonging. We offer a place where people from all walks of life can worship God together, learn together and do their best to serve those in need in their neighbourhood.

Lutheran Ladies United (LLU)

Tuesday September 17, 1:30 p.m.

232 Fennell Ave. E

Join us for the September meeting. Pastor Daniela will lead us in devotions and Marie Stanat, from the Friendship Circle, will share how their sewing group has been supporting people in need for many years. The afternoon would not be complete without fellowship and "Kaffee and Kuchen" which means "coffee and cake."

LLU Collections

We are collecting Denninger receipts, used stamps, old batteries and milk bags. All can be placed into marked containers located in the Parish Hall.

LLU Thanksgiving Potluck

There will be a Thanksgiving Potluck Tuesday, October 15 at noon. More information to follow.

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

Our King St. location has been officially sold and the closing date is September 30th. If there are any items that anyone wishes to have as a memento from the former Faith Church, please contact Gail Bennie at gabennie52@gmail.com or call Carol-Ann before September 20th. We are planning a final cleanout on Saturday September 7th at 9:00 a.m. We will need a couple of able-bodied men to help move some items up to the Fennell site. Please contact Cathy Calvin at dccalvin1980@gmail.com to indicate your interest to help.

As most of you are now aware Bishop Michael Pryse is retiring at the end of September this year. In honour of his ministry Martin Luther University College is refurbishing the Casavant Pipe Organ in Keffer Chapel and rededicating it as the Bishop Michael J. Pryse Commemorative Pipe Organ. Given Bishop Mike's love for congregational worship, the song of the people, and his longstanding support of Martin Luther University College, it is a fitting tribute for such a life of service. This appeal provides an opportunity to tangibly express our gratitude to Mike while supporting ministries which are close to his heart. If you are interested in supporting this appeal, please include an amount in your weekly offerings (indicate that it is for Bishop Pryse Organ Fund). You can also send an e-transfer to Trinity Lutheran Church indicating that it is for the Organ Fund. We will make sure these monies are sent to Martin Luther University College.

This summer, Mike Schuster, Chair of the Redevelopment Committee, and I have been busy attending meetings with the City of Hamilton and Invizij Architects to move our Hughson St. project along. We had a favorable consultation meeting with the City. They asked for a couple of further studies to be done by the architects and submitted to the City for consideration. It looks like we can demolish the Wilson St. house and move ahead with the new addition and renovation. If things progress according to the architects' plan, we should be moving into the Fennell Street location sometime next summer so work can begin at Hughson.

The Redevelopment Committee met in early August with various consultants that are working with the Architects to begin some of the final design work. We should have a better idea of costs to present to the congregation by our annual meeting in February 2025. From our Redevelopment Committee meeting on August 20th, we are starting to find ways to cut costs and still achieve the vision that we had started out with. It was suggested that two advisory groups and two focus groups be created so there is more input from the congregation as to what is really needed for both the renovation and addition at Hughson.

The two advisory groups would focus on:

1. Landscaping and outdoor spaces
2. The third floor in the Luther Haus addition.

These groups will meet predominantly via Zoom to provide input to the architects and consultants for final design.

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Congregational Communication continued

The two focus groups would concentrate on:

1. New Entry/Church Hall/Kitchen & Ground Floor of Luther Haus
2. The Sanctuary/Sacristy/Narthex and Second Floor of Luther Haus.

These focus groups will take the form of workshops which will be conducted by the architects and consultants. They will review the drawings and make suggestions for any changes or reductions. The workshop for the first focus group (1) will be on Saturday, October 5. The workshop for the second group (2) will be on Saturday, September 21. They will take place at Hughson St. at 9:00 a.m.

While the redevelopment group has identified some key people for these groups, we still need participation from the congregation. If you are willing to serve on any of the advisory or focus groups, please contact either Mike Schuster at sabineandmichael@icloud.com or Cathy Calvin dccalvin1980@gmail.com to indicate your interest.

Submitted by Cathy Calvin, Chair, Trinity Board of Directors

Nursery Help

We now have a few babies that are in attendance at our services fairly regularly. Parents would love to be able to attend services without distraction. It is our hope that we can set up a nursery schedule as soon as possible. In order for this to happen, we will need a pool of volunteers who would be willing to help out in the nursery once in a while. We need two volunteers each Sunday. A vulnerable sector police check is required for every volunteer. The church will reimburse you for any costs involved in obtaining the police check.

If you think that this is a ministry you would like to help out with, please contact Carol-Ann at the church office for details.



Hiking Group – Saturday September 7

Come explore the Guelph area with Tanis and Dani. We will meet at 8.30 a.m. at the Trinity Fennell Site (232 Fennell Ave. E.) to organize carpooling. The drive is about 50 minutes to Tanis and Rob's house in Guelph, and we will walk from there. We will walk to the Speed River, a trail around Royal City Park, the Boathouse and the covered bridge, in about an hour. After our hike we are invited for coffee at Tanis and Rob's home. Please contact Dani if you plan on coming and for Tanis and Rob's address.

Tanis and Dani

Adult Immunizations- Part 1- Vaccines for Respiratory Diseases

1. Influenza vaccine

The influenza (“flu”) vaccine is given annually in the fall. It is recommended for adults ages 65 and older and adults ages 18-64 with chronic medical conditions. Anyone, however, can receive one. The flu vaccine can be given by appointment at your family doctor’s or most pharmacies.

The effectiveness of the flu vaccine varies from year to year. This is because the vaccine is prepared a year in advance based on predictions of what Influenza A & B strains are likely to appear in the next flu season.

2. Invasive Pneumococcal Disease

The bacterial organism *Streptococcus pneumoniae* can cause sepsis (blood infection), meningitis, community-acquired pneumonia, ear infections, and sinus infections. The incidence of infection rises proportionately to age in people over 50 years.

Among adults, 50% of community-acquired pneumonia occurs in people over 65.

The vaccine that is publicly funded through Ontario Drug Benefits (ODB) is Pneumovax-23. However, it is only 45% effective. (The number refers to the number of serotypes it covers).

The newly released Pneumovax-20 is much more effective than Pneumovax-23 in preventing pneumonia. It is not currently publicly funded and costs about \$140. There is a good possibility that it will become funded within the year. People who have received Pneumovax-20 can still receive Pneumovax-23 after 1 year. It will cover another 3 serotypes.

3. Covid-19 Vaccine

These are the current recommendations from NACI (the National Committee on Immunizations). As of the fall of 2023, the Covid-19 vaccine has been against the XBB-1.5 strain. If the primary vaccination series of 3 doses has not been completed, this XBB 1.5 should be used to complete the series. Booster doses are to be given every 6 months. It can be administered with other vaccines such as influenza.

Vaccination against Covid-19 should be a high- priority for individuals at greatest risk of severe illness from Covid-19 infection. This includes people 65 or older, adults in long-term care or other senior congregate settings, and adults 18-64 who are moderately to severely immunocompromised.

Also, pregnant women should be given either a primary series of 3 doses, or if already received, a booster dose at any stage of pregnancy. It reduces the risk of maternal hospitalization or death, the risk of stillbirth or premature birth as well as protecting the infant until 6 months of age.

Social Ministry Committee

Hamilton Tastebuds

Hamilton Tastebuds is a partnership of community agencies and community members that supports and facilitates local food nutrition programs for children and youth in Hamilton. Their vision is that all students in Hamilton have universal access to healthy foods in schools and community environments to improve student success, support healthy growth, development, and lifelong eating habits.

Tastebuds presently supports 112 school locations in Hamilton and every child in each of these schools can access the food program. The program supports 20,000 students daily during the school year. They also have 10 schools on the waitlist for a food program. **The need is great!** The cost for snacks for one student is \$190/ year and the cost for meals for one student is \$330/ year. Normally at this time of year we would be asking for donations of school supplies, but instead the Social Ministry Committee is requesting donations to help to purchase meals for 10 students for the year. We are hoping to raise \$3,300 by Nov. 30th.

We also continue to support **Community Fridges Hamilton** to address food security in our community. Your food donations or financial donations are used to help fill various community fridges and pantries throughout Hamilton. In addition to food donations, \$795 was spent in June, and \$775 was spent in July on groceries.

Financial donations can be made to support Hamilton Tastebuds or Community Fridges Hamilton:

- In your Sunday offering
- An e-transfer to tlchamilton2020@gmail.com
- A cheque made out to Trinity Lutheran Church and mailed to our Hughson St. location. Please include a note indicating which program you wish to donate to.

People's Café

The weather is changing and our guests attending our People's Café continue to need clothing appropriate for the weather. When you're cleaning out your closets consider donating any clean and gently used T-shirts, pants, track suits, shoes, socks and new underwear. Toiletries are also appreciated.

Little Library and Knitters and Crocheters

We continue to accept donations of books for our Little Library. We are also in need of wool for our knitters and crocheters. There are knitting needles or crochet hooks available, and you can contact Dianne Busser at 905-389-4008. All donations can be dropped off on Sundays at Hughson St. or contact Carol-Ann to arrange drop off.

Liberian Learning Center

Our fundraising for the Liberian Learning Center is complete and we exceeded our goal! Leo Johnson is thrilled to hear that the fundraising in support of the Liberian Learning Center has been so successful. \$8,517.05 was received and Leo expressed "a huge thank you from the bottom of his heart to everyone who contributed- this will make a significant impact on the project".

Did you know that the average Canadian wastes 79 kg of household food every year? This not only wastes food, but also all the resources it took to grow, produce, and distribute these foods (e.g., land, gas, fertilizers). Keep in mind too that food production and waste creates a lot of emissions that contribute to climate change. In fact, if food waste were a country, it would be the third largest emitter of greenhouse gases.

Even when food ends its life in a landfill it continues to add to the greenhouse effect by releasing methane gas into the atmosphere. Canada's 2.3 million tonnes of household food waste is equivalent to 6.9 million tonnes of CO₂ and more than 2 million cars on the road. Not only that, but the average Canadian spends \$1,100 in avoidable household costs. We often must throw out good food because we buy too much, cook too much, and don't store it correctly.



Here are some suggestions to avoid wasting food:

- Try recipes that will use up leftover foods (e.g., soups, stews, stir fries)
- Freeze before you toss.
- Pickle it if it is on its last legs.
- Save quantities through canning.
- Know the difference between “expiry date” and “best before date”.
- Compost your scraps and use your green bin.
- Make a simple weekly meal plan.
- Make a shopping list to avoid impulse buying.
- Store fresh produce properly so it lasts longer.
- Organize your pantry and refrigerator to better see what you have on hand.
- Date and label containers and use oldest first.

Source: [“Five Ways to Prevent Food Waste Through ‘Scrappy Cooking’](#)”, March 2, 2023 - Ontario Nature Blog “Reduce Your Footprint”.

Ministries at Trinity

Christian Education: Sunday School

By Pastor Jordan Smith

Anyone who grew up in the church certainly has memories of time spent in Sunday School as a child and perhaps as a helper or a teacher as they grew older. Sunday school is an important part of Christian education in the church and provides a place for children to learn and grow in their faith at an age-appropriate level. However, as is easily noticed, the number of children attending each week is smaller than in the past and alongside this the number of people willing to teach.

The Sunday School planning team is excited to try out a new format for the coming year based on these beliefs and priorities:

- Children develop their faith with both age-appropriate learning opportunities and participation in Sunday worship
- Children are an integral part of the worshipping community
- We will wisely steward our resources, including the time and energy of our volunteers
- Families are busier than ever and find it challenging to attend church each week

Sunday September 8th will be our traditional Rally Sunday with a special service designed to kick off the new year and to introduce our upcoming Sunday School program. Children will stay with their families in the church service and will also be given an opportunity to meet some of the teachers for the coming year. For the rest of the month there will be a children's message each week as part of the service and a quiet independent activity for the children to do in church.

Our new Sunday School schedule will start on the first Sunday in October.

The schedule each month will be:

First Sunday of the Month – Children begin the morning in Sunday School and join the congregation in the sanctuary at communion.

Second Sunday of the Month – The Sunday School class shares part of their learning and music from the previous week as part of the worship service.

Remaining Sundays of each month – Children are invited to join in the regular service. A children's message and quiet independent activity will be provided for those in attendance.

This will be different from what we are used to, but our hope is that a focused schedule with specific activities planned for the first two weeks of each month will encourage families with children to prioritize attendance on those weeks. Our teachers will also be able to spend time in worship each month which allows them to learn at an age-appropriate level.

With these changes there are also new ways that you can help with Sunday School. We are looking for people who can assist with music, crafts, snacks, or supervising the supplied activity on the weeks that the children stay in church.

All of this will be explained and celebrated more on Rally Sunday when we gather to worship, learn, eat together, and build community. **Bring your backpack or briefcase with you on September 8th as we receive a blessing for the work we do during this upcoming year.**

Keep an eye on this corner of the newsletter as we continue to explore Ministries at Trinity. Next month Pastor Daniela will tell us more about this year's confirmation program.

If you have any questions about Sunday School or you would like to get involved, please contact Pastor Jordan at 416-356-3505 or revjordansmith@gmail.com.

Ministries at Trinity continued

Music at Trinity

By Heide Lang, Trinity Music Director

Do you love to sing?

Join us on Thursday evenings at 7:00 p.m. at the Hughson location as we laugh, relax, have fun, and of course ... SING! Trinity choir is a group of people who love to sing and touch hearts and souls through our music. All ages and levels of experience are welcome. If you're interested, you are always welcome to drop in to a practice and check us out. Please let Heide know if you plan on attending.

Do you love music but would rather play an instrument?

Why not join our handbell group? No experience is necessary. We work on one project at a time, so we organize rehearsals based on the event and the members' schedules. The most important skill is timing as each person plays 1-3 bells. Contact Heide if you are interested in receiving further details.

Not sure either of the above is for you, but would like to make music?

Consider joining our Praise Team. The music is more contemporary and it's very much a team effort. We have a small group of singers and ad lib some harmonies. If you play guitar, bass guitar, keyboard, percussion, then this could be a fun group for you. If you play other instruments why not come and see how we could make it work? Let Heide know if you'd like to join in.

If you are not a "group" person but play an instrument or sing, why not take this opportunity to share?

We are always looking for "special" music for Sunday services such as solos, duets and small ensembles. You certainly won't find a more caring, loving audience that the Trinity congregation! Come see Heide and let her know what your talent is and get a chance to shine.

Heide can be reached:

- in person at a Sunday service.
- by email at heide.lang@gmail.com.
- by text or call 905-616-2575.



We are looking forward to welcoming new members to MUSIC AT TRINITY!

The Friendship Circle

The Friendship Circle ladies will begin meeting again on Monday Sept. 9 at 232 Fennell Ave. E. from 9:00 to 11:30 a.m. to enjoy fellowship and creativity. They meet every Monday for quilting as well as working on other 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

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Pastor Jordan Smith

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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.

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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

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September 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.

- Sunday Sept. 1** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
German Worship Service - 11:15 a.m. 104 Hughson St. N.
- Tuesday Sept. 3** **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.
- Thursday Sept. 5** **Good Food Box order deadline**
- Saturday Sept. 7** **Hiking Group** - See page 4 for details.
- Sunday Sept. 8** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
- Monday Sept. 9** **Friendship Circle** – 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Sept. 10** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
- Wednesday Sept. 11** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
Choir - 7:00 p.m., 104 Hughson St. N.
- Thursday Sept. 12** **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 Sept. 15** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
- Monday Sept. 16** **Friendship Circle** – 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Sept 17** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Lutheran Ladies United -1:30 p.m. 232 Fennell Ave. E.
- Wednesday Sept. 18** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
Social Ministry Committee Meeting- 7:00 p.m., 104 Hughson St. N.

September 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.

- Sunday Sept. 22** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
- Monday Sept. 23** **Friendship Circle** – 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.
Board of Directors Meeting- 7:00 p.m., 104 Hughson St. N.
- Tuesday Sept. 24** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Creation Care Group- 7:00 p.m., 104 Hughson St. N.
- Wednesday Sept. 25** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday Sept. 26** **Choir** - 7:00p.m., 104 Hughson St. N.
- Saturday Sept. 28** **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 Sept. 29** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
- Monday Sept. 30** **Friendship Circle** – 9:00 a.m. to 11:30 a.m., 232 Fennell Ave. E.