



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

It's already February 2025, and many of us wonder what the world will look by the end of this year. Our world seems to change faster and faster in so many ways, politically, economically and especially in the areas of technology. Sometimes we wonder how we can keep track and deal with the huge number of new ideas, inventions and discoveries.

In order to give a guideline, a word of comfort and encouragement, the ecumenical association for bible reading in Germany chooses a bible verse for every year as a spiritual motto and inspiration. For this year the bible verse is taken from Paul's first letter to his friends in Thessaloniki, **"Test everything; hold on to what is good."**

Paul encouraged his congregation and urges us today to be receptive to the world around us, to go out and see what's happening and what's new. He says, "Don't hide and stay behind closed doors".

Paul was writing to a newly founded congregation in a lively and fast-growing town that was not unlike our modern cities. People from different backgrounds settled there, people were speaking different languages, and those who joined the congregation brought different traditions and ideas. To be a Christian wasn't always easy as they also faced hostility because of their new faith in Jesus.

In spite of all that, Paul still wanted them to take a close look at everything they heard and saw and "Test everything; hold on to what is good." Be curious and open and then find out what you can learn, what is helpful and what is not.

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February 2025

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Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90+.

February 6

Ruth White

February 7

Benita Badke

Ingrid Fritz

February 10

Matilda Kraus

February 28

Olga Jokutaitis

Pastor's message continued

Take your time but don't decide on the spot, think about it with an open ear and an open mind.

At the same time, Paul has never been one who would accept just any new idea. That's why he added, "Reject every kind of evil. "

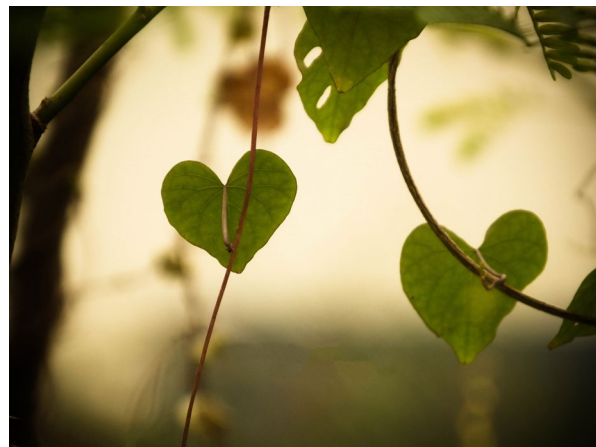
Not everything is worth keeping, not everything is acceptable.

So, what is the criteria for us to decide what is "good", what is worth holding onto?

In his letter to the Philippians Paul wrote, "and this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God." (Philippians 1:9-11).

So, the criterion to distinguish good from bad is simply love. Whatever serves and nurtures our love for God, for our neighbour, and for ourselves is worth keeping.

An encouraging motto for 2025 **"Test everything; hold on to what is good."**



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

Happy New Year Everyone! I hope everyone's 2025 got off to a good start.

I am issuing an invitation to all Trinity members in good standing to attend our **Annual General Meeting (AGM) slated for Sunday, February 23, 2025**, following the service. We will be voting for new board members, the 2025 budget, and if it comes together, a "Class C" estimate and construction budget as well. If you are asked by a member of the nomination committee to lend your name to stand for the Trinity Board, please prayerfully consider it. Many hands make the work lighter! Voting will take place in person and via zoom and/or telephone. A bulletin of reports will be either emailed to you, or hard copies will be available for those without email by the week of February 9th.

The Redevelopment Working Group has been working with Invizij architects to submit our amended Site Plan to the city to get approval for our building permits. Thank you to the committee and Invizij for their hard work and dedication to getting this done in a timely manner.

Thank you to those who worked on the sub-committees to help answering questions and offering suggestions for the design phase. Without you we could not have met the time frame allotted by Invizij.

Cross your fingers that we will hear about the approval by March 31, 2025. If this does happen, we are looking towards the fall to put the shovel in the ground for the addition.

In the meantime, have a Happy Valentine's Day!

Submitted by Cathy Calvin, Chair, Trinity Board of Directors

Parking at the Spice Factory

The Spice Factory has generously allowed us to use their parking lot located at Hooper Law and they are happy to continue to do so; however, they have requested that we please do not park in their gravel lot across the road at the Spice Factory. They often give tours to potential clients on Sundays and have found that they have nowhere to park when they arrive. Let's be sure to respect this request and refrain from parking there moving forward so that we can continue in a good relationship with them and continue parking in the Hooper Law lot.

Trinity's Highlights of 2024



Pastor Jordan Smith and his family were welcomed by the congregation at his installation in June.



On St. Francis' Day several members, pets, and visitors met at Beasley Park for the blessing of the animals.



Confirmation students enjoyed a week at Camp Kintail with other young Lutherans.



Pastor Thomas Mertz's retirement was celebrated at the beginning of May.



Pastor Daniela handing over the King St. site keys to Jeff Neven, CEO of Indwell.

Ministries at Trinity

Lutheran Ladies United (LLU)

By W. Weingartner and E. Begert

Did You Know?

Did you know we have an active group that meets once a month for fellowship, devotion, new learning and delicious treats?

The Lutheran Ladies United group came together as part of our Amalgamation in August 2021. Our group meets at the Fennell location on the third Tuesday of the month except for July, August and January.

We have a great group of members, and we would like to invite more friends to come and share in our uplifting activities. Come and sing with us. Come and learn more about our community through interesting guest speakers. Come and join our faith journey through devotions and shared fellowship.



Members of the Lutheran Ladies United

Our next meeting will be on February 18 at 1:30 p.m. at our Fennell site. There is lots of parking available! Our speaker in February will be Cathy Haan from the Food4Kids program. We will also be remembering Sigrid Sassmann who passed away in December 2024. After the devotion and the speaker we will complete our afternoon with fellowship and refreshments.

In addition to having our regular meetings, the LLU has actively fundraised for a variety of missions. We have supported local programs such as the Living Rock, Liberty for Youth, the Good Food Box and Community Fridges. We have held Bake Sales, Garage Sales, Bazaars and more. To enable us to continue these efforts we will need more Trinity women to take part. We hope that you will consider attending our February meeting, especially as our theme will be Valentine Friendships and it will be the perfect time for new friends to join us.

Should you need more information, please contact Mary Storbeck or Emma Begert.

We hope to see you on February 18th.

Your Friends in LLU

(A sneak preview for the March 18th meeting: Pastor Jordan will be our guest speaker sharing experiences from his recent trip to Germany)

Let's Go Hiking

Saturday, February 8 at 9:30 a.m.

Come and join us for a hike around Bayfront Park in Hamilton. We will meet in the parking lot at 9:30 a.m. Hope to see you there!

Bible Study

2025 Winter Bible Study - Mark: The Short Gospel

Sundays at 11:15 in-person and on Zoom

February 2 -Introduction and Chapters 1-4

February 9 -Chapters 5-8

February 16 -Chapters 9-12

March 2 -Chapters 13-16

Join us for one hour each Sunday following worship as we read through and discuss Mark: The Short Gospel.

Each week we will take about fifteen minutes to read four chapters of the text and then spend the rest of the hour discussing what these chapters teach us about Jesus, discipleship, and Mark's view of the kingdom of God.



An Open Conversation about Death and Dying- With Pastor Daniela Mertz

2:30 p.m. Thursday February 27, 232 Fennell Avenue E.

“My times are in your hands.” (*Psalm 31,15*)

Everyone is invited to be part of an open conversation about death and dying, a topic often seen as taboo. It's an opportunity to share our personal experiences, thoughts and fears in a safe and caring environment.

Good Food Box

In December and January, the Good Food Box of fresh fruit and vegetables weighed approximately 18 lbs and cost \$22 per month. That works out to be a cost of \$1.22/lb. The program is open to everyone and by ordering your Good Food Box, it helps to keep costs down.

To support the **Good Food Box program**, place your order before Feb. 6th for pick up on Feb. 13th.

Order through [Trinity's website on the Good Food Box sign up page](#) or by contacting Pastor Thomas at 289-680-7387 or email tfrm58@gmail.com.

February- Order by February 6.

Pick up February 13

232 Fennell Ave. E. from 11 a.m. to 4 p.m.

104 Hughson St. N. 12 p.m. to 2:30 p.m.

***Please note the time change at Fennell ***

Updates in Medicine:

Artificial Intelligence is Increasingly Integrated into Healthcare

By Katrin Conen

Artificial Intelligence (AI) is a branch of computer science that creates systems capable of performing tasks typically requiring human intelligence. These tasks include learning, reasoning, problem-solving, language use, and conceptualization, among others. AI systems are increasingly being integrated into workflows across industries and companies, including medicine. While there is still much progress to be made, innovative research in medicine is uncovering the potential of AI in various aspects of healthcare. At medical conferences across specialties and subspecialties, AI research has become a dominant topic of interest and discussion. Here's a selected overview of how AI is making its entry into medicine:

1. Diagnostics and Imaging

- AI software can detect abnormalities in X-rays, CT scans, ECGs, MRIs, and more. These tools assist healthcare professionals in identifying illnesses and offer exceptional accuracy in measuring tumor sizes, aiding in treatment planning.

2. Personalized Medicine

- AI algorithms can identify drug interactions, tailor medication regimens, and individualize pharmacotherapy for patients.

3. Robotic Surgery

- AI-integrated robotic surgery systems enhance precision in surgical procedures, reducing errors and risks while improving patient outcomes.

4. Administrative Support

- AI software can assist in creating patient charts and documentation, significantly improving clinic workflows. By reducing administrative burdens, healthcare providers can dedicate more time to direct patient care.

5. Education and Research

- AI platforms facilitate access to learning resources and the creation of educational materials. Research benefits from AI's ability to organize data and uncover potential medical breakthroughs.

While AI offers exciting opportunities, it is critical to acknowledge the inherent vulnerability and humanity of the medical field. Ethical considerations must ensure patient confidentiality, privacy, and safety. AI is not a replacement for healthcare professionals but a tool to enhance their capabilities and improve healthcare outcomes. It is also important to note that AI developments in medicine are still under research and should only be integrated with appropriate training and expertise. This article does not recommend using AI as a self-diagnostic tool. For any medical concerns, please consult your healthcare team or seek emergency care when necessary.

Creation Care- Why We Should Not Tire of Environmental Work

By Stanley Moyo

For decades, individuals and organizations have been making efforts to save the environment. Often, the global picture might look discouraging and one may ask themselves the question, are my efforts making any difference to the environment? Organizations might also ask if their efforts are having any effect. Indeed, why should we not tire of taking care of the environment? We need to continue our efforts. This article examines some of the reasons why we should continue taking good care of the environment. These efforts benefit the environment, benefit human health, bring economic benefits and are in line with our moral and ethical positions.

Our efforts benefit the environment

Our efforts ensure that biodiversity is preserved, which in turn ensures that the balance of ecosystems is maintained. The balance in ecosystems results in continued availability of resources that humans and other living organisms need.

Our efforts benefit human health

When pollution is left unchecked, some of the resulting effects can lead to smog, polluted water, polluted food, and climate change, all of which can lead to illness in humans and other living organisms.

Our efforts bring economic benefits

Striving for a healthy environment leads to job creation and the continued supply of raw materials in a sustainable way.

Our efforts are consistent with our moral and ethical considerations

It is generally accepted that we have a responsibility to preserve the earth for future generations. Furthermore, the scriptures emphasize that we should be good stewards of creation.

Therefore, we should continue with positive environmental action and practices, even when we feel discouraged or despondent, because our collective efforts can make a difference.



Social Ministry Committee

By Lynne Shanks

Trinity members are generous with sharing the gifts God has given us. For Christmas we gave grocery gift cards to people attending the People's Cafe, and to people who receive a subsidized Good Food Box. We also gave gift bags with snacks and hygiene products to people attending the People's Cafe.



We donated \$920 in gift cards to Living Rock and \$920 to Liberty for Youth for Christmas to support youth living at risk.



In December we donated \$6,600 to the Hamilton Tastebuds. The cheque was presented to Bhairavi Kumar, Program Manager of Tastebuds by Pastor Jordan and Lynne Shanks. This will pay for meals for 20 students for a year.



We continue to support **Community Fridges, Hamilton**. In December, we received food donations, as well as \$845 to purchase food. Food items can be left in the food container in the church kitchen, or in the refrigerator if necessary. Financial donations can be made for **Community Fridges Hamilton**:

- In your Sunday offering.
- by e-transfer to tlchamilton2020@gmail.com;
- or 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.

Our **Seasonal Apparel Drive** is continuing. Please consider donating waterproof or water resistant winter coats, gloves, hats, socks, boots, shoes, new underwear and toiletries, as well as sleeping bags. Items for people of all ages are required.

We are collecting **knitted or crocheted** hats, gloves, socks, baby sweaters and blankets, and prayer shawls. Wool is available. Items can be dropped off at 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. Contact Dianne Busser 905-389-4008 if you need wool, or to arrange pick-up.

Trinity Lutheran Pastors

Pastor Daniela Mertz

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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 22nd 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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February 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 Feb. 2** **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 Service - 11:15 a.m. 104 Hughson St. N.
Winter Bible Study -11:15 a.m. 104 Hughson St. N and via Zoom.
- Monday Feb. 3** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Feb. 4** **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 Feb. 5** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday Feb. 6** **Deadline to order Good Food Box**
Choir - 7:00 p.m., 104 Hughson St. N.
- Friday Feb. 7** **Confirmation Class**- 5:00-7:00 p.m. 104 Hughson St. N.
- Saturday Feb. 8** **Hike at Bayfront Park**- 9:30 a.m. 200 Harbour Front Dr, Hamilton.
German Afternoon- 2:00 p.m. - 4:00 p.m.
- Sunday Feb. 9** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children's Activity- 10:00 a.m.
Winter Bible Study -11:15 a.m. 104 Hughson St. N and via Zoom.
- Monday Feb. 10** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Feb. 11** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
- Wednesday Feb. 12** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday Feb. 13** **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 - 7:00p.m., 104 Hughson St. N.

February 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 Feb. 16** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children to Join in Worship Service- 10:00 a.m.
Winter Bible Study -11:15 a.m. 104 Hughson St. N and via Zoom.
- Monday Feb. 17** **Family Day – Church office closed.**
- Tuesday Feb. 18** **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 Feb. 19** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday Feb. 20** **Choir** - 7:00p.m., 104 Hughson St. N.
- Friday Feb. 21** **Confirmation Class-** 5:00-7:00 p.m. 104 Hughson St. N.
- Saturday Feb. 22** **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 Feb. 23** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children to Join in Worship Service- 10:00 a.m.
Annual General Meeting to Follow the Service
- Monday Feb. 24** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
Trinity Board of Directors Meeting- 7:00 p.m. via Zoom
- Tuesday Feb. 25** **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 Feb. 25** **Mid-Week Worship** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday Feb. 27** **Death and Dying Open Conversation-** 2:30 p.m. 232 Fennell Ave. E.
Choir - 7:00 p.m., 104 Hughson St. N.