



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 Anglican Bishop Desmond Tutu once said: "Isn't it amazing that we are all made in God's image, and yet there is so much diversity among his people?"

When we look around in our neighbourhoods, in our congregation and city, or just in our families, children and grandchildren, nieces and nephews, we can tell Desmond Tutu is right – we are a diverse bunch, everyone is different and special and irreplaceable.

Each one of us brings unique gifts and perspectives, has his/her own views and ways. Yes sometimes, these differences can feel daunting or even divisive. Yet, the Bible reminds us that diversity is not something to be feared, but rather, something to be celebrated within the unity we share in Christ.

In 1 Corinthians 12:12-14, Paul writes, "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body-whether Jews or Gentiles, slave or free-and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many."

What a powerful image! The church is like a body, with each member playing a vital role. Our differences - whether in culture, age, personality, or spiritual gifts -are not obstacles to unity, but essential ingredients. God designed us to need one another, to learn from each other, and to serve together as one.

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Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90+.

June 6

Arno Reuter

June 7

Hanna Fast

June 7

Marie Sattler

June 15

Elfriede Graf

June 23

Monika Arth

June 29

Aneliese Rudolph

Pastor's message continued

Unity in Christ does not mean uniformity. It means loving one another deeply, even when we disagree or don't fully understand each other. It means seeking to listen, to learn, and to value every person as a beloved child of God.

When we do this, we reflect the heart of Jesus, who welcomed people from every walk of life and prayed that his followers would be one (John 17:21).

Let's remember that our unity is not based on our similarities but on our shared faith in Jesus. Through Christ we are reconciled not only to God but also to one another.

May we be a community where every person feels seen, valued, and loved - united in Christ. And may we be a community open to welcome all whom God sends our way.

Amen.

Join Us For Our Last German Service

June 1 at 11:15 a.m.

104 Hughson St. N

We are so grateful for the 70 years of German services and what they meant to our members. We invite everybody to celebrate our last German Sunday Service, which will include special music. Everyone is welcome!



Why Pride? Joining the Eastern Synod and ELCIC in Practicing Inclusion

By Pastor Jordan Smith

At the Evangelical Lutheran Church in Canada (ELCIC) National Convention taking place in Winnipeg, MB in July, delegates will hear and discuss reports from several taskforces. These have been in place since 2019 to help us as a church body work toward better inclusion and addressing injustice. The work of these committees addresses Ability and Inclusion; Racism, White Supremacy and Racial Justice; and Homophobia, Biphobia and Transphobia. Over the course of the next year, I will provide information about all these task forces. As we enter June, beginning the season when Pride events take place across Canada, I want to provide some context for why the Eastern Synod and ELCIC have made it a priority to recognize pride as part of our practice of inclusion.

In her April 2025 message to the Synod, Bishop Carla Blakley offered these thoughts:

“Dr. Rudine Sims Bishop is a professor emerita of education at The Ohio State University, known as the mother of multicultural children’s literature. Bishop writes about children’s literature using the image of Mirrors, Windows and Sliding Glass Doors. (Perspectives, Vo. 6, no. e, 1990, Choosing and using Books in the classroom)

Mirrors offer reflections and build identity. Windows offer new views and a view of someone else’s experience and sliding glass doors offer an invitation to step into the story and be part of it. Bishop states that when children cannot find themselves reflected in the books they read, or when the images are negative, they learn they are devalued in society.

I love this analogy for the church. Our church. We need mirrors that reflect all images. Created in God’s Image, each person is valued, called by God, claimed and loved unconditionally in the sacrament of Baptism. This is God’s action of love. Windows allow an opportunity for new views, to look at our siblings in Christ and appreciate who they are.

For far too long the church has only allowed the mirror image of people who look like us, talk like us, dress like us, eat like us, love like us, we have missed the rich diversity of God’s family. Especially our 2SLGBTIQ siblings.” ([Eastern Synod, April 3, 2025, Mirrors, Windows and Sliding Glass Doors](#))

So why pride? We recognize pride as an intentional time to stand with those who are vulnerable and have had rights disregarded. We recognize pride as a time to support youth who suffer from discrimination and rejection. We recognize pride as individuals, a congregation, a synod, and national church because we are called to be Christ-like in our actions, knowing and loving our neighbours. Also creating space for conversation and learning which allow us to meet “diverse people [beginning] with a core sense of respect for the value of each person as a unique child of God.” (ELCIC Social Statement on Human Sexuality, 2011)

Continued on next page

Why Pride? Joining the Eastern Synod and ELCIC in Practicing Inclusion- Continued

An important responsibility which comes out of belonging to a denomination is walking alongside our siblings in Christ as we explore issues important to our communities around the country and around the world. Pride is a time of protest for inclusion, a time of celebration of the diversity of love, and a time for conversation with our neighbours. Let us hear the call from our Eastern Synod and ELCIC partners to recognize each of these reasons for pride and continue to support each other in our journey of knowing the diversity of God's church.



Photos from the Youth Summer Camp Fundraiser on April 27, 2025



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

Work continues with Invizij towards getting recommendations for the general contractor and the next estimate (Class "B"). The Board will be making plans this summer for the move to the Fennell Avenue location in time for Rally Sunday (September 7th).

The Bishop, Carla Blakely, joined us May 25th for Music Sunday so look for some pictures in the July/August edition of the newsletter.

The **final German Service** will take place on June 1st at 11:15 am. If you are of German heritage, please plan to attend this farewell service.

On June 8th after the service, please join us for two special events. We will be opening the **time capsule** from the former Grace Lutheran Church and will also have the **official public launch of our new addition**. The media and Invizij will also be part of this day.



Good Food Box

The program runs every second Thursday of the month from September to June. Everyone is welcome to order a Good Food Box. The cost is \$22, and you receive 11 to 13 varieties of fresh vegetables and fruits. 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.

Payment through etransfer to Trinity Lutheran Church tlchamilton2020@gmail.com is required.

Order and Pick up dates and times

Order by June 5

Pick up June 12

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

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



Pigmented Skin Lesions can range from very light brown to very dark brown. Fortunately, most of these spots are entirely benign. Genetics can play a significant role, as individuals with a family history of pigmented skin lesions are more prone to developing them. Also, as people age, they may develop pigmented lesions due to cumulative sun exposure and natural skin changes. Please note that excessive sun exposure is a factor that can be controlled by taking precautions.

Types of Pigmented Lesions

1. Freckles (Ephelides)

These are small tan or light brown flat spots usually found on sun exposed areas. They are more common in people with fair skin and are often hereditary. Freckles can fade with time and have no potential to become malignant.

2. Moles (Nevi)

These are common, typically tan or brown growths that form when melanocytes (pigment-producing cells) cluster together. They can be flat or raised. The vast majority of moles are completely benign. However, sometimes there is a possibility of turning into a malignant melanoma (more on this later).

3. Lentigines (Age Spots or Liver Spots (note: it has nothing to do with your liver!))

These are flat brown spots that typically develop in areas exposed to the sun over time, such as the face, back of the hands, and arms. They are more common in older adults.

4. Seborrheic Keratosis

This is a non-cancerous growth that may appear as a light tan or brown lesion with a waxy or slightly rough raised surface. Often there are multiple seborrheic keratoses. They vary in size and are common in older adults.

5. Melanoma

This is a type of skin cancer that develops from pigment-producing cells in the skin (melanocytes). It may appear as a new, unusual looking mole or as an existing mole that has changed in size, shape or colour.

The ABCDE acronym can help you identify a melanoma.

Asymmetry: one half of the mole does not match the other half.

Border: the edges are irregular, notched, or blurred.

Colour: not uniform and may include shades of brown, black, or even patches of pink, red, white or blue.

Diameter: the mole is larger than 6 mm (about the size of a pencil eraser).

Evolving: the mole is changing in size, shape or colour over time. Melanoma can be deadly if not diagnosed and treated early. It is important that you monitor your moles for any changes and seek medical attention promptly.

Lutheran Ladies United (LLU)

Tuesday June 17 at 1:30 p.m.

232 Fennell Ave. E

Please join us for our regular monthly meeting. Pastor Jordan will be joining us in looking back and looking forward, "A Year in Review and a Future Vision". It's strawberry shortcake time! Everyone is welcome.

A sincere thank you to everyone who attended our Spring Sale on May 24th. The final tally is not available yet, but proceeds will be donated to the [FOOD4KIDS Hamilton.](#)

Denninger gift cards are available to purchase from Gail Bennie on Sundays during coffee hour.



Picnic Worship Service

Sunday June 22 at 10:30 a.m.

Bow Park Farm, 140 Oxbow Rd., Brantford

We have not had an outdoor service for a long time. But this year we will. Faith Lutheran Church is inviting the whole Bay Area to worship together at the Bow Park Farm at 10.30am. The service will be followed by a pot-luck, and lawn games for the children.

It's a 40 minute drive and to make it easier, all who don't feel like driving but still would like to join, can meet at 9.30am at the Fennell Site and we can organize car sharing.

There is a big barn, so we can come together even if the weather is not great. Please bring something for the pot-luck and a lawn chair (if you have one). For all who are homebound we will send out link to a Lutheran Service. There will be no in person service at the church on this day.



Creation Care- Textile Waste

By Waltraut Weingartner

The Creation Care Committee meets once a month to discuss and explore various ways we, as a church community and as individuals, can reduce our carbon footprint. Over the last few years textile waste has become a huge problem here in Canada and in many wealthy countries. At the end of each fashion season any remaining resalable goods are sold to clothing graders who then sort and bundle garments into bales for markets in developing countries, mainly in Africa. These countries have been overwhelmed with mountains of textile waste. This waste is then burned, or dumped into landfills, rivers and oceans.

Canada disposes 500,000 tonnes of apparel each year. That amounts to four times the weight of the CN Tower! Due to the ever increasing production and availability of cheap, unethically made clothing, garments are thrown away after only minimal use which ultimately fills up our landfills. This is not sustainable!



Textile waste

Interesting Fashion Waste Statistics

- 100 billion new garments are produced annually.
- The worldwide fashion industry is responsible for 10% of all greenhouse gases.
- As per the UN Environment Program - people buy 60% more clothes than they did 15 years ago, but they wear each item for only half as long as they used to.
- Around 20% of worldwide industrial wastewater pollution is from the fashion industry.
- It takes 2,700 litres of water to make one cotton shirt.
- 57% of discarded clothing ends up in landfills and 25% is incinerated.
- 60% of new clothing materials are synthetic.

After a long winter, when spring has finally arrived, we want to freshen up our homes and purge items we no longer want or need including clothes. There are options!

Consider the “Seven R’s of Fashion”

Reduce - Reuse - Repurpose - Repair - Resale - Rent - Recycle

Be a part of reducing our carbon footprint.

Social Ministry Committee

By Lynne Shanks

Thanks to your generous donations, we continue to fill **Community Fridges** with groceries. Thank you also to the Social Ministry Committee members who do the grocery shopping and deliver food to the fridges and pantries. In May we purchased another \$750 worth of groceries to help address food security in Hamilton. Food items can be left in the food container in the Parish Hall.

Financial donations can be made for **Community Fridges Hamilton**:

- In your Sunday offering
- By e-transfer to tlchamilton2020@gmail.com
- A cheque made out to Trinity Lutheran Church and mailed to 104 Hughson St. N. Please include a note indicating what your donation is supporting.

Thank you for your support of our seasonal apparel drive. At present the **People's Cafe** is requesting men's clothing. Please consider donating clean, gently used clothing for spring and summer. Socks, new underwear, and toiletries are also appreciated.

The weather is heating up and so will the use of our Little Library. Please donate your used fiction books. Everyone is welcome to check out the library.

We are collecting knitted or crocheted hats, gloves, socks, baby sweaters and blankets, and prayer shawls.

All items (books and knitted items) can be dropped off at 104 Hughson St. N. on Sundays or contact Carol-Ann at 905-974-9878 to arrange 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 for knitted or crocheted items.

Let's Go Hiking

Saturday, June 7 at 9:30 a.m.

Dundas Driving Park

Meet us for a hike!

We are meeting at Dundas Driving Park in the parking lot at the Tennis Club.

For more information contact Pastor Daniela Mertz.



Trinity Lutheran Pastors

Pastor Daniela Mertz

daniela.mertz@elkb.de

Pastor Jordan Smith

revjordansmith@gmail.com

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

Pastor Jordan Smith

revjordansmith@gmail.com

Please email all newsletter submissions to Kathy Davidson before the 22nd of each month.

Taxi Program- To order a taxi

1. 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 either 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

June 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 June 1** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Sunday School -10:00 a.m. 104 Hughson St. N.
Our Last German Worship Service - 11:15 a.m. 104 Hughson St. N.
Bible Study- 11:15- 12:15 p.m. 104 Hughson St. N.
- Monday June 2** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday June 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.
- Wednesday June 4** **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.
- Thursday June 5** **Deadline to order Good Food Box**
- Saturday June 7** **Let's Go Hiking**- 9:30 - 11:00 a.m.- Dundas Driving Park. See page 8 for details.
German Afternoon- 2:00 – 4:00 p.m. 104 Hughson St. N.
- Sunday June 8** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children's Activity with Worship Service- 10:00 a.m.
Time Capsule Opening & Renovation Presentation- 11:15 a.m., 104 Hughson St. N.
- Monday June 9** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday June 10** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
- Wednesday June 11** **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.

June Events Calendar

- Thursday June 12** **Good Food Box** - 11:00 a.m. - 4:00 p.m., 232 Fennell Ave. E.
Good Food Box - 12:00 - 2:30 p.m., 104 Hughson St. N.
- Sunday June 15** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children's Activity with Worship Service- 10:00 a.m.
- Monday June 16** **Friendship Circle** – 9:30 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 June 17** **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
Lutheran Ladies United (LLU) -1:30 p.m., 232 Fennell Ave. E.
- Wednesday June 18** **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.
- Sunday June 22** **Picnic Worship Service- Bow Park Farm, Brantford.** See page 5 for details.
- Monday June 23** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday June 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 June 25** **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.
- Saturday June 28** **Bibles and Bagels**- (in-person & Zoom) 9:00 a.m., 104 Hughson St. N.
Men's Breakfast – TBD.
- Sunday June 29** **Worship Service** (in-person & Zoom) 10:00 a.m., 104 Hughson St. N.
Children's Activity with Worship Service- 10:00 a.m.
- Monday June 30** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.