



# 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**

We have been busy working at our Hughson site preparing for the redevelopment that will begin this fall. That means we must empty the whole building. It's not that different from people preparing to move to a new home, as you must go through every shelf and cabinet and box. With the help of volunteers, we are working our way from room to room sorting out what has been collected over many years and deciding what we still need, what we can let go of and what we can donate.

While we are organizing and packing up things, we realize how much has changed over the last decades. Technology has advanced and we don't need as many filing cabinets as we now store information on computers. Traditions have also changed with German hymns printed in Gothic letters that haven't been used for a long time.

We will worship at the Fennell site for the next year and then move back to the newly renovated Hughson site.

In this time of so many changes, it is good to remember that our foundation remains the same, that our faith and in trust in God is what keeps and guides us.

Let us remember that the Israelites didn't have a permanent home. They were nomads who pitched tents and moved from one place to the next. Yet wherever they went, God went with them. After the liberation from slavery in Egypt, they carried the tabernacle with them. It was a reminder that no matter how far they traveled they were never alone.

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**September 2025**

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## Trinity Milestones



## Happy Birthday

Congratulations to our Trinity members turning 90+.

**September 14**

**Roman Neske**

**September 16**

**Beverley Trimborn**

**September 20**

**Magdalena Hubatschek**

**September 27**

**Shirley Subonovich**

## Pastor's message continued

God wasn't waiting back in Egypt, nor was God only to be found in some far-off promised land. God was there in the desert, step by step, by their side.

This is true for us today as well. We often feel as though we are in seasons of wandering, not only in the times of moving from one place to another, but also in our lives. This may be because of uncertain jobs, broken relationships, and times when we are not sure what the future will bring. Yet, God does not abandon us in whatever transition or wilderness we may find ourselves. Our God has always been a God who remained with his people through the different times and places. To me that is a comforting thought.

Our God is not bound to buildings or specific traditions. Our God is a companion, a guide, a shelter in the wandering. If God walked with his people back then, he surely walks with us today.

Amen.

## Lutheran Ladies United (LLU)

**Tuesday September 16 at 1:30 p.m.**

**232 Fennell Ave. E**

Trinity's Lutheran women invite you to their Fall session. We are meeting at the Fennell location which will be Trinity's temporary home.

We see ourselves as a faith-based group of women who come together for devotions, learning about various community organizations and interesting topics, for support and fellowship, and of course awesome refreshments. There is a place for you!

The collection of milk bags and Denninger's receipts is ongoing.

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

The Board approved five general construction companies to invite to tender for the work to be done at Hughson St. The tenders went out to the companies in August, and we should receive them back on September 10th. The Redevelopment Working Group will be reviewing the bids with Invizij and will make a recommendation to the Board at their September meeting. A congregational meeting will be held on **Sunday, October 5th** following the service, where the Board and Invizij will present the winning bid which will include information regarding the General Contractor and the final bid amount. The congregation will then vote on acceptance of the bid. The vote will be in-person or via zoom.

Please note that starting on **Rally Sunday, which is September 7**, we will be using the Fennell site until the work at Hughson is completed. Service times will remain the same and we will still offer in-person and zoom services each Sunday and Mid-Week Worship on Thursdays.

### **In Memoriam**

We remember and give thanks for all the saints who have recently passed away from our Trinity community.



**Paul Becker** - May 25

**Natalie Bluemke** - June 17

**Ilse Reizgys** - June 22

**Sophia Lochner** - Aug 15

**Sandra-Jean Ohrt** - July 6

**Harry Turnevicius** - July 19

**Wendy Oblender** - July 29

**Elsie Zwick** - August 5

Welcome to our new, yet familiar, building! As we welcome the first days of September and the transition from summer to fall, the members of Trinity find ourselves in a different place. We have made the move to our Fennell site during the period of renovation at our Hughson site, and over the next 14-18 months, we will be together in a space that is familiar to some and new to others.

In this time of becoming unsettled and resettling, we are encouraged to branch out into new ways of being a community and knowing our neighbours. This period of being based out of Fennell will be a time of doing things in different ways, and yet our focus point remains the same. As we are reminded in John 15:5, "I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me, you can do nothing." This time of change is a time to refocus on the vine which sustains all that we do. The vine nurtures the branches which will bear fruit in new ways.

The leadership team of Trinity has discussed three focus areas for "*branching out*" over the coming months. You will hear much more about how we are branching out in future newsletter articles, in our Sunday worship, and in our congregational activities. For this month, I would like to introduce some of the areas we will focus on during the fall and early winter.

***Branching Out in our Building:*** As we have slowly seen our life at Hughson getting sorted and packed over the past few months, we will now slowly begin to unpack and settle into our new temporary home at Fennell. Ministries and social groups of the church will learn what new opportunities are possible in this building. We will be able to try new arrangements in our worship space. We inherit a much larger outdoor space located at a busy intersection of the city. This is our home for this time of our life, and while we know that in the near future, we will be moving out again, this is our time to make it comfortable for the work God is calling us to do.

***Branching Out in our Neighbourhood:*** This is the time for us to practice meeting our neighbours. Looking to the east or west of our church, we see colleges and shopping malls. To the north and south, we find parks and schools. Filling in the blocks in all directions are thousands of neighbours whose stories we are invited to learn about during this season of our lives. In the fall, we will plan prayer walks in the community to observe what is happening around us and to see where God is already at work. We will also try to build relationships with congregations in the area who already know what the needs of this community are. Of course, we also look to the knowledge of our members who have long worshipped in this building and made many connections to those who surround the Fennell site. All this work will help us as we return to Hughson at a time when thousands of people will be moving into the surrounding buildings. **Continued next page**

## Branching Out Continued

by Pastor Jordan Smith

**Branching Out in the World:** It is important to widen our focus beyond ourselves and those who live around us as we take time to learn about and connect with God's people in all nations. I encourage you to read the Social Ministry article for information about how we are working with CLWR's Friends of Creation program to help us branch out our knowledge and support of those impacted by climate change both here and in the Lake Chad region.

September is the beginning of a new phase of our life as Trinity Lutheran Church Hamilton. In this important time, we will be branching out in many areas of our lives together as we continue to be the community God is calling us to be. Join us as we learn, pray, and journey together in our new home.

## Good Food Box

The Good Food Box program is starting again. 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](mailto:tfrm58@gmail.com).

Payment through etransfer to Trinity Lutheran Church [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com) is required.

### Order must be placed by September 4

Pick up is September 11 at:

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

**130 Victoria Ave. N. from 12 p.m. to 2:30 p.m.**

Thank you to everyone who supports the Good Food Box program either by purchasing a Good Food Box or by donating. Thank you to the Lutheran Ladies United for their generous donation. We also received a Charitus Partner Grant of \$1500 to be used from Sept. 2025 to June 2026.

[Charitus is an independent charitable foundation](#) that works with individuals, congregations and synods within the Evangelical Lutheran Church of Canada. They invest funds to ensure that they are invested in a way that aligns with faith-based values that help to build a just and sustainable society. Trinity Good Food Box program uses the grant money and other donations to purchase bulk produce that we donate to Neighbour to Neighbour, St. Matthew's House and the Native Women's Centre.

With your support we continue to fill **Hamilton Community Fridges and Pantries** with your donations of food and food purchased with your financial donations. Food items can be left in the food container in the Parish Hall at Fennell.

### Friends of Creation Challenge

The Lake Chad basin in Central Africa covers approximately 640 acres and because of climate change the entire ecosystem is unraveling. Lake Chad was approximately the size of Lake Ontario and has shrunk by 90% since 1963. This has affected water, food and the lives of millions of people. Thousands of farmers have started a movement to reverse the damage, so life can go on thriving.

Trinity has joined the **Friends of Creation Challenge** of 2025 and on four Sundays through September and October we will pray and learn about how climate change affects food, water and peace in a region. Through the Canadian World Relief, Trinity is committing to raise funds to cover the cost to help local farms restore 50 acres of land by reforestation, pushing for the adoption of sustainable farming and water management. \$50 pays for the restoration of one acre of land and the Canadian Government is matching funds. Visit the [Friends of Creation website](#) to learn more.

Gage Park in Hamilton (without the sports park) covers 50 acres, which is approximately 1/13th the size of the Lake Chad Basin. Many of you will be familiar with the beautiful gardens in Gage Park, as well as the Spring Tide Bulb Show, and the Fall Mum show held in the greenhouse. Imagine if the Gage Park gardens were to disappear as the Lake Chad Basin has. We all know that it is our responsibility to care for God's creation. Please help make a difference by supporting the Social Ministry Committee in our goal of raising \$2500 to cover the cost towards the restoration of 50 acres of the Lake Chad Basin ecosystem.

As part of the Friends of Creation challenge, Trinity members will also be asked to choose an action that helps care for creation in your everyday life. You will hear more information about this over September and October.

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

- In your Sunday offering
- By e-transfer to [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com)
- A cheque made out to Trinity Lutheran Church and mailed to 232 Fennell Ave. E Please include a note indicating what your donation is supporting.

This article will deal with both seasonal and perennial (year-round) allergies. Food allergies will not be discussed.

The allergic mechanism, briefly, occurs when you encounter an allergen (the thing you are allergic to). Your body produces a type of immunoglobulin called immunoglobulin E. This immunoglobulin E, with the attached allergen, then activates mast cells (located in your skin, nose, and eyes). This, in turn, then brings about the release of histamine and other chemical mediators that cause allergic symptoms: itchy, runny or stuffy nose; itchy, red watery eyes.

Genetics (i.e., family history of allergies) can predispose people to developing allergies. Allergies are common in childhood and can persist into adult life. With aging, allergies can persist but may also decrease in older adults.

### **Seasonal Allergies:**

Early spring allergies are caused by tree pollens.

Late spring and early summer allergies are caused by grass pollens.

Late summer and fall allergies are caused by various weed pollens, notably ragweed.

### **Perennial Allergies:**

Pets can cause year-round allergies. Cats are a common cause of pet allergies, both from their saliva from licking their fur and skin flakes (dander). Dogs can also cause allergies, but it can vary with breed. Pet rabbits can also cause allergies. Bathing pets regularly can lessen their allergenicity (good luck with the cat!)

Molds can cause allergies and can be found in damp areas of the house, such as a basement. Dehumidifiers and special mold treatment could reduce the problem.

Another cause of indoor allergy is dust mites. These mites are microscopic in size and live off shed human skin cells. Sofas, beds, and other upholstered furniture are places that harbor dust mites. Vacuuming with a HEPA filter helps to reduce their population. Also, pillows and mattresses can be encased in mite-resistant materials. Keeping the humidity in the house below 50% can also help control dust mites.

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### Allergy Testing:

The most used test to determine if you have allergies is the skin prick test. Based on your history and examination, a battery of suspected allergens in very small amounts are either pricked or scratched against your skin. The degree of redness and swelling indicates the severity of the allergy.

### Treatment of Allergies:

Obviously, avoidance of the allergen(s), if possible, is good. Avoiding animals to which you are allergic and closing windows on high pollen count days are examples.

Antihistamines that block the effect of histamine are a mainstay of allergy treatment. There are sedating antihistamines (first generation) such as Chlor-Tripolon and Benadryl. Most people with allergies prefer non-sedating ones such as Claritin or Allegra.

Steroid nasal sprays such as Flonase, Rhinocort, and Nasocort can be quite effective in relieving nasal congestion, itching, and sneezing.

Mast cell stabilizers (remember mast cells release histamine when an allergen/IgE complex binds to them) can be used to lessen symptoms. The one that is primarily used is Cromolyn (sodium cromoglycate). It is available as an eye drop for itchy, watery eyes and as a nasal spray for nasal symptoms of allergy.



## Trinity Lutheran Pastors

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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- 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 the following address:
  - 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

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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.

- Tuesday Sept. 2**            **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. 4**            **Deadline to order Good Food Box**  
**Praise Team Practice** -7:00 p.m., 232 Fennell Ave. E.
- Sunday Sept. 7**            **Rally Sunday** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
- Monday Sept. 8**            **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Sept. 9**            **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.
- Wednesday Sept. 10**        **Social Ministry Committee Meeting** – 7:00 p.m. Via Zoom.
- Thursday Sept. 11**            **Good Food Box** - 11:00 a.m. - 4:00 p.m., 232 Fennell Ave. E.  
**Good Food Box** - 12:00 - 2:30 p.m., 130 Victoria Ave. N.  
**Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E
- Sunday Sept. 14**            **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Children's Activity with Worship Service**- 10:00 a.m.
- Monday Sept. 15**            **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.  
**Trinity Board of Directors Meeting** - 7:00 p.m., 232 Fennell Ave. E.
- Tuesday Sept. 16**            **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.
- Thursday Sept. 18**            **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E

## September Events Calendar

- Sunday Sept. 21**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Children's Activity with Worship Service**- 10:00 a.m.
- Monday Sept. 22**      **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Sept. 23**      **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.  
**Creation Care Group**- 7:00 p.m. 232 Fennell Ave. E
- Thursday Sept. 25**      **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E
- Saturday Sept. 27**      **Bibles and Bagels**- (in-person & Zoom) 9:00 a.m., 232 Fennell Ave. E  
**Men's Breakfast** - 9:00 a.m., 232 Fennell Ave. E
- Sunday Sept. 28**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Children's Activity with Worship Service**- 10:00 a.m.
- Monday Sept. 29**      **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Sept. 30**      **People's Café** - 10:00 a.m. to 12:00 p.m., 104 Hughson St. N.

