



# 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 Jordan Smith

#### Expansive Prayer and Thanksgiving

*"I call upon you, for you will answer me, O God; incline your ear to me; hear my words. Wondrously show your steadfast love, O savior of those who seek refuge from their adversaries at your right hand." (Psalm 17:6-7, NRSVUE)*

In September, I introduced our theme and vision for the coming season: "Branching Out." This theme invites us to deepen our connections—with our new church home, our neighbourhood, and the wider world. Already, we've begun living into this vision through midweek service discussions, a prayer walk through the streets west of our Fennell site, and learning from videos from Canadian Lutheran World Relief.

In their first Sunday School class this year the children learned the story of Hannah and how she prayed to God for a child and guidance for how to live into her call as a follower of God. The kids discussed how to pray, where to pray, and what we might pray for. As I reflect on the idea of prayer, I think it connects with the ways we are branching out. If you've been paying attention to the front of the church, you may have noticed that we have two small trees set up. One has full branches and leaves reaching out from the trunk, while the other has been stripped bare and looks empty.

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### October 2025

#### Volume 6 Issue 8

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## Trinity Milestones



### Happy Birthday

Congratulations to our Trinity members turning 90+.

**October 13**

**Walter Anders**

**October 26**

**Inge Semianiw**



**60th Wedding Anniversary  
October 30**

**Congratulations to  
Teresa and Roland Wiedener**

## Pastor's message continued

Sometimes, our spiritual life feels like the bare tree, stripped of vitality, exposed, and vulnerable. But prayer is the nourishment that helps new leaves grow. Each prayer, whether for healing, justice, gratitude, or hope, is a leaf that restores life to our spiritual branches.

We pray for those things which are causing us pain. We pray for the care of our neighbours. We pray for farmers in the Lake Chad region who are being supported by the Friends of Creation campaign. We lift up in prayer our sorrows, our joys, and our thanksgivings.

In this fall season, as the leaves outside our windows are turning bright colours and dropping to the ground, we might take time to add leaves of prayer to our spiritual trees. Each leaf is unique, standing on its own. But taken together, just as our various prayers come together, we help create a plant which is a place of comfort.

My prayer is that during this season you will hear God's answer when you call upon the divine and feel the comfort of a tree full of life.

## Join Us for a Hike

**Saturday October 18 at 9:30 a.m.**

71 Cross Street in Dundas (Dundas Driving Park)



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

A great big thank you goes out to all those individuals who gave of their time (and strong backs) to make our move to our temporary home on Fennell Avenue such a success. We will be using the facility for the next year or so.

Just a reminder to all congregational members that there will be a **Congregational meeting on Sunday October 5th** following the service. The meeting is to present the choice of General Contractor as recommended by both the Redevelopment Working Group and Trinity Board.

Representatives from Invizij will be in attendance to answer any questions. If the vote is positive, work will begin at the Hughson site in November.

## 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 October 2**

**Pick up is October 9 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.**

## In Memoriam

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

Ingrid Domke (Martin) passed away on August 14, 2025.

## Funeral

Dutch Kelly- October 4 viewing at 8:30 a.m. and service to follow at 9:00 a.m. at the Fennell location.

## Little Library

We are hoping to set up a **Little Library** at Fennell. It will be available for everyone to use so please consider donating used fiction books.

## Branching Out to the West

by Debbie Lindeman

### Who are the people in our neighbourhood?

Now that we are temporarily worshipping at the Fennell site, let's get to know our new neighbours. Let's take a walk along Fennell to the west and see what we find.

Right next to our parking lot is the Little Learning House Child Care Centre. This day care facility has been present here for many years and rents out a row of parking spaces in our lot to serve their parents and staff.



As we continue west, let's take a short diversion into the community to our left. Here you find small single-family dwellings, lovingly maintained by their owners in this quiet and cozy subdivision.

Continuing on Fennell Avenue we will approach the St. Maria of Paris Orthodox Church that has their services at the same time as us. Since 2021, they have been renting this building which was previously Holy Trinity Anglican Church. This building also houses the Tapawingo Day Care.



Looking across the street, we can see Sts. Peter and Paul Catholic Elementary School. The accompanying church is located behind the school on Brucedale Avenue, along with the St. Charles Adult Education Centre.



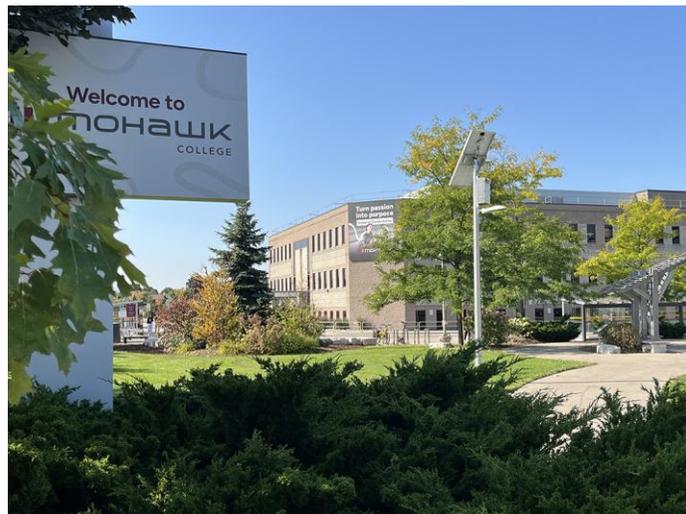
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## Branching Out Continued

by Debbie Lindeman

Though our surroundings are made up of bungalow residences, two apartment buildings are located next to the Catholic school. Back on the south side of Fennell, you can't miss the Mountain Shopping Plaza complex with Walmart Supercenters as its centrepiece. You have reached Upper James now, a very busy commercial strip with a variety of restaurants and shops

We've got one more block to go before reaching two important Hamilton centres. At West 5<sup>th</sup>, you will find Mohawk College of Applied Arts and Technology, a Hamilton landmark since 1966. The McIntyre Performing Arts Centre is located here as well and entertains people from around our city. Hundreds of students are housed in residences on location as well as in many of the nearby homes.



We'll wrap up our tour across the street from the college at the West 5<sup>th</sup> Campus of Hamilton's St. Joseph's Healthcare. This medical centre focuses on mental health and addiction services. Reconstruction of this facility took place recently, with the grand opening in 2014.



Who are the people of our neighbourhood? Going west, we see that the people who work and live here come from all walks of life. We see middle-class homeowners raising their families or relaxing in their retirement years. There are also hardworking shop and restaurant owners, people seeking medical services, students of a wide range of ages pursuing their dreams, as well as the faithful attending their churches and performing good work in their communities.

## **Blessing of the Animals**

**Saturday October 4 at 10 a.m. on the front lawn at 232 Fennell Avenue E.**

Bring your pet or a photo of your pet for a time of prayer and a blessing of the relationship we share with our animal companions.

## **Family Thanksgiving Event**

**Wednesday October 8 at 6 p.m. at 232 Fennell Avenue E.**

This is a great opportunity to come together and thank God for all the good and wonderful things we experience every day. All children, youth, and everyone young at heart are invited! We will have some fun crafts, songs and Thanksgiving soup.

Please let Pastor Jordan know you're coming so we can make sure we'll have enough soup.

## **Lutheran Ladies United (LLU)**

**Join us for a Pot-Luck Lunch on Tuesday, October 21 at 12:30 p.m.**

Following our lunch, we will hear from a representative from Neighbour to Neighbour about their challenges in helping those with food insecurity. Come and join us!

## **Thanksgiving Altar**

Saturday, October 11 at 10 a.m., the altar will be decorated for Thanksgiving. Any donations would be appreciated and can be dropped off at the church office by Friday 3 p.m.

## **Annual Christmas Market**

**Saturday, November 15, 2025, at 232 Fennell Ave. E. from 10 a.m. to 2 p.m.**

We welcome your support by donating baked goods, crafts, and knitting.

Lunch will be sausage or hot dog with sauerkraut on a bun along with cake and coffee or tea.

Proceeds will be donated to Youth Outreach programs. We hope to see you there!

## **The Christmas Market "Gift Shoppe" Table**

Once again, we welcome your generous donations as we plan to offer a "Gift Shoppe" table at our upcoming Christmas Market in November. We need jewelry, (even broken chains or single earrings etc.), decorative items such as figurines, music boxes, pretty pieces of china, or other knick-knacks. We know that although an item may be pre-owned, it can still make a nice gift for someone else.

We also welcome Christmas ornaments as well as other Christmas related decorations.

Your donations may be dropped off at our Fennell site on Sundays or during office hours. Please call Carol-Ann to arrange to drop off items. If you have further questions, please speak to Emma Begert. Unfortunately, we cannot accept other yard sale items at this time.

Your support is always greatly appreciated!

### Friends of Creation Challenge

Over the last few Sundays, we have been hearing about climate change and the effect it has had on the lives of millions of people in the Lake Chad Basin in Central Africa. There is a movement to help reverse the damage. Trinity has joined the **CLWR Friends of Creation Challenge** of 2025 to learn and pray about how climate change affects food, water and peace in the region. Trinity has also committed to raise funds to help the people in the Lake Chad basin to restore 50 acres of land by reforestation, pushing for the adoption of sustainable farming and water management. 50 acres is the size of Gage Park (without the sports park) and \$50 helps to restore one acre. As of September 25th, Trinity has raised \$1155 towards our goal of \$2500. That will restore 23 acres. We need to raise enough for another 27 acres. Our fundraising will go until Oct. 19th. To donate directly visit [Trinity Lutheran Church Hamilton-Friends of Creation Challenge](http://clwr.org/tlchamilton) webpage or search <http://clwr.org/tlchamilton>.

We know that it is our responsibility to care for God's creation. In addition to donating to restore 50 acres of land, we are also asking that you help care for creation in your everyday life. One way you can do this is by **supporting our local farmers**. We are fortunate to live in an area that provides an abundance of opportunities to purchase produce directly from our local farmers. By shopping either at local farmers markets or fruit and vegetable stands, you support local farmers and the local economy. There is less transportation involved in buying local food and this helps to reduce the environmental footprint. If we take care of creation, it can take care of us!

We continue to fill **Hamilton Community Fridges and Pantries**. Financial donations are used monthly to fill the fridges and pantries along with your food donations. Food donations can be left in the box at the back of the church at Fennell.

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 (Canada Post is currently on strike) to 232 Fennell Ave. E. Please include a note indicating what your donation is supporting.

We are resuming our **seasonal apparel drive**. Our guests attending our **People's Cafe** continue to need clothing appropriate for the weather. Consider donating any clean and gently used T-shirts, pants, tracksuits, shoes, socks and new underwear and toiletries. Anything not used by the People's Cafe will be directed to other programs. The need is great in our community.

We appreciate all the work of our **knitters and crocheters**. We have a request for baby hats for newborns at McMaster hospital. Any pattern that uses soft wool and is loose fitting is acceptable. If you need a pattern, knitting needles, crochet hooks or wool you can contact Dianne Busser at 905-389-4008. In addition to baby hats, we accept donations of wool, adult hats, gloves, socks, prayer shawls, baby sweaters, and baby blankets. All donations can be dropped off on Sundays in the coat room off the front entrance at Fennell or contact Carol-Ann to arrange a drop-off.

# Addiction, Substance Use Disorder, and Substance Dependence: Clarifying Terms and Myths in the context of the opioid crisis

Katrin Conen, MD

Many people turn to substances such as alcohol or drugs to relax or cope with stress, loneliness, or anxiety. At first, this may seem harmless, but over time these habits can become harmful and may lead to addiction. Addiction does not happen overnight—it is a gradual, complex process shaped by many factors, including genetics, personality, environment, and social influences. Identifying needs early can support people along the way and help prevent further aggravation. With this article, I aim to provide more context around substance use, misuse, dependence, and addiction, with a particular focus on opioids. Because awareness can help us identify needs and take supportive action within our communities!

It is important to recognize that substance use exists on a spectrum, and different stages of use require different types of response. Let's consider this using the example of opioids, as Canada and North America continue to face a devastating opioid crisis.

At one end of the spectrum, opioids are used appropriately and beneficially, for instance, when prescribed after surgery or to manage severe chronic pain, such as cancer-related pain. When taken as prescribed and carefully monitored by a physician, the risk of developing a substance use disorder is very low. However, after prolonged use, the body may develop *dependence*, which can cause withdrawal symptoms if the medication is stopped abruptly. This can be safely managed with gradual tapering under medical supervision, allowing a return to normal daily life without continued substance use.

Problems arise when opioids are used beyond their intended medical purpose. Continuing use without medical need or guidance, or seeking the drug elsewhere, can lead to a *substance use disorder*. As misuse progresses, the substance may begin to control a person's life, resulting in compulsive behavior, health risks and strained relationships—this is *addiction*. For example, seeking opioids on the black market exposes individuals to dangerous substances like fentanyl or benzodiazepines, greatly increasing the risk of overdose.

Health professionals diagnose addiction using the “4 C's”:

- **Craving** – a strong desire or urge to use the substance
- **Loss of Control** – difficulty stopping or limiting use
- **Compulsion** – feeling driven to use, even against one's wishes
- **Continued Use Despite Consequences** – persisting even when it causes harm

Addiction is not simply a matter of “bad choices.” It is a chronic medical condition that affects mental, physical, and social well-being. Compassion, support, and professional treatment are essential. Seeking help is the first step toward reclaiming health, relationships, and hope.

Worldwide, the seriousness of the opioid crisis is being recognized. In 2022, the *Stanford–Lancet Commission*, a leading authority on health, recommended that communities focus on prevention, identification, provide effective treatment (such as addiction clinics), respond with compassion rather than shame, and work together to bring healing and hope to those affected.

## Youth Summer Camp

by Christian and Silas Agbessi-Sorensen, Connor Leon, Eva Conen, Chiangoch Lam

Our week at the Youth Lutheran Summer Camp in Kintail this year was one of the best we've had. We spent every day swimming in the freezing water of Lake Huron and playing games like gaga ball. Despite the rain, we tackled the high ropes and practiced our aim with archery and slingshot. We went down a giant slide, and those brave enough dove into the lake! Rain or shine every day became a chance to learn more about each other and ourselves.

It was a great way to catch up with our friends that we don't see often, make a bunch of new ones, and just have a good time, especially with all the great food the staff made.

We learned about God, and the theme was "Fake it till you make it". This means that you don't have to be completely sure about everything you do or say, but to trust in God instead and trust and believe that things will go well.

The theme also reminded us to keep showing up with everything we have, even when we don't feel strong. We also liked Pastor's Time, because we could go walk on trails and on the beach.

We also shared stories, and we liked to skip rocks by the lake.

We are very thankful for the opportunity to go to camp because we had a lot of great experiences.



## 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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## October 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 Oct. 1

Thursday Oct. 2

**Deadline to order Good Food Box**

**Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.

**Choir** - 7:00p.m., 232 Fennell Ave. E.

Saturday Oct. 4

**Funeral for Dutch Kelly**- 9:00 a.m. 232 Fennell Ave. E.

**Blessing of the Animals**-10:00 a.m. 232 Fennell Ave. E.

Sunday Oct. 5

**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.

**Congregational Meeting**- 11:00 a.m., 232 Fennell Ave. E.

Monday Oct. 6

**Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.

Tuesday Oct. 7

**People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson Street N.

**Newsletter Committee Meeting**- 7:00 p.m. Via Zoom.

Wednesday Oct. 8

**Family Thanksgiving Event** - 6:00 p.m. 232 Fennell Ave. E.

Thursday Oct. 9

**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.

Saturday Oct. 11

**German Afternoon**- 2:00 -4:00 p.m. 232 Fennell Ave. E.

Sunday Oct. 12

**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.

**Sunday School**- 10:00 a.m.

Monday Oct. 13

**Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.

## October Events Calendar

- Tuesday Oct. 14**      **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson Street N.
- Thursday Oct. 16**      **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E.
- Saturday Oct. 18**      **Hike**- 9:30 a.m. Dundas Driving Park, 71 Cross Street, Dundas.
- Sunday Oct. 19**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
- Monday Oct. 20**      **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 Oct. 21**      **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson Street N.  
**Lutheran Ladies United (LLU)** -1:30 p.m., 232 Fennell Ave. E.
- Thursday Oct. 23**      **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E.
- Saturday Oct. 25**      **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 Oct. 26**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Sunday School**- 10:00 a.m.
- Monday Oct. 27**      **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Oct. 28**      **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson Street N.  
**Creation Care Group**- 7:00 p.m. 232 Fennell Ave. E.
- Thursday Oct. 30**      **Mid-Week Service** - 11:30 a.m., 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave.