



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

There is an ecumenical board that chooses a bible verse as a motto for the year. The one for 2026 is taken from the book of Revelation, where God proclaims, "I am making everything new."

It's a sentence that really speaks to me. Isn't that what we truly need? God coming to us and making everything new, helping us out of our many troubles both politically and personally, and coming to us to somehow change all that is wrong for the better?

Well, I guess that is wishful thinking and this announcement is not about God simply undoing what we humans have done wrong. It is not about God taking charge like a mighty king and ruling with an iron fist.

God is present, and active in our world. We have seen it repeatedly, but with God new things often start quietly. They begin in the middle of our everyday lives and often they start so unremarkably that we, like the shepherds at Christmas, need angles to point us to them - "See, I am bringing you good news."

The book of Revelation is not expecting God to take charge of everything in a heartbeat, but it looks into the future, it tells us about a time in which God has indeed made everything new.

"Look! God's dwelling place is now among the people, and he will dwell with them. God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

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February 2026

Volume 7 Issue 1

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Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90+.

Ruth White - Feb. 6

Benita Badke - Feb. 7

Ingrid Fritz - Feb. 7

Hans Weingartner - Feb. 8

Olga Jokutaitis - Feb. 28

Pastor's message continued

We are not told what that future exactly looks like, but we know what will not be included.

All the things that make our lives heavy and sad will no longer play a part. All the things that make us cry out of sorrow and fear, pain and grief will no longer be there. This hope and trust in a future with God gives me hope when my eyes are full of tears, and when I look at our world and see the suffering of so many children and innocent people.

It gives me hope when we must bury loved ones, when I am close to despair and worry about the future.

And it's not all about the future. When I pay attention, I can already see where this vision has come to life. I see the moments when love wins over cruelty. We can see it when we feel a comfort, a joy and a hope that doesn't come from within us but that is given to us.

God gives us glimpses of his promise today and one day we will see that God indeed is making everything new."

Lutheran Ladies United (LLU)

The first regular meeting of the new year will take place on **Tuesday, February 17, 2026, at 12 noon**, 232 Fennell Avenue East. It so happens that it is also Shrove Tuesday, or Pancake Tuesday, the day before Ash Wednesday. If you have wondered what this custom or tradition is about, then come and join us - there will be pancakes and more!!!

The LLU and Congregational Life Committee are preparing a pancake and sausage lunch from 12:00 to 2:00 and everyone is invited, followed by the presentation, "The Origin and Tradition of Shrove Tuesday", by Pastor Daniela. Come and join us for food, learning and fellowship.

The collection of milk bags and Denninger receipts are ongoing projects. Please place them in the designated containers at the front entrance of the church.

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

The construction project at Hughson is well underway. We will have some pictures available in the next few weeks of the progress being made. Permits are in place and hopefully weather will cooperate so that the demolition of 39 Wilson Street takes place in February. Meanwhile, work is being done on the existing building at the same time. It is hoped that by running these concurrently, we will save time on the construction schedule.

A reminder that the Annual Meeting will take place on Sunday February 22, 2026, after the service, both on site and on zoom. We will be going over the reports in the Bulletin of Reports which you should receive either via e-mail or at the church in the second week of February. We will also be unfolding the kickoff for our fundraising efforts on behalf of the project.

Four of the twelve directors on the board will need to be replaced, so if you are asked to serve on the board, please prayerfully consider this. We welcome any congregational member who wants to contribute in this way.

Birdwatching Outing

Saturday, February 7th, 10:00 to 11:30 a.m.

Desjardins Recreation Trail, Hamilton

Since forest trails can be snow-covered and icy during this time of year, let's do a birding outing on the Desjardins Recreation Trail that is flat and plowed. The flowing water of the Desjardins Canal tends to keep the water ice-free there, attracting a variety of waterfowl. If we're lucky, one of our resident Bald Eagles might fly by.



We'll be parking at the Princess Point parking lot and the RBG charges for parking there at \$3/hour (free if you have a displayed RBG pass). Carpooling can be arranged.

Whether you are an experienced birder or a novice, join Debbie Lindeman and Dennis Price at 10:00 a.m. for a morning of birding and nature appreciation. Please bring binoculars if you have them.

Please email Debbie at deborahlindeman3@gmail.com or call at (905) 389-0224 if you would like to participate.

Branching Out to the East

by Emma Begert

We began the tour of our new neighbourhood by exploring to the west and to the south with Debbie Lindeman leading the way. Then in our last newsletter, we explored the community to the north and today we finish our tour by heading east.

As we travel east along Fennell, we see a variety of independent shops and services, strip malls and larger plazas. At Upper Wentworth is Fenworth Plaza with its medical offices, take-out businesses and Value Village.

At this point we are going to take a brief detour and slip up Wentworth to the Sackville Hill Senior Centre at 780 Upper Wentworth St.



Sackville Hill Seniors Centre

This community facility offers a plethora of activities for those folks 55+ who may be looking for recreational programs. This centre offers fitness classes that range from gentle to high intensity levels in Boot Camp, Cardio Fit, Cardio Dance, Chair Fit, Pilates, Tai Chi and Yoga.

If dancing is a more appealing way to exercise, you can find everything from ballroom and square dancing to tap or line dancing. You can also join guitar, chorus or ukulele groups. If you are more inclined towards the arts, you may find dress making, quilting, painting, pottery or even wood carving courses that will provide creative outlets.

The annual membership fee is currently \$42.99 and includes access to the Flamborough and Ancaster centres as well as Sackville. The courses are individually priced, and more information can be found online at the [City of Hamilton Recreation Programs](#) webpage.

We head back to Fennell Avenue now and continue to make our way east. Fancy a soft ice cream cone or a banana split? You will find one of the few remaining Dairy Queen locations just past Upper Sherman. However, if a coffee and donut is more your choice of treat, you can stop in at the Tim Hortons at the next major intersection at Upper Gage. At this location there is a large plaza on each side of Fennell. You will find stores that can provide for all your needs including groceries, pet care and hardware.

Continued next page

Branching Out Continued

This is also the location of the large Mission Thrift Store. This is a thrift store with a very different atmosphere that is evident as soon as you step inside. It is well organized, clean and uncluttered. It is a non-profit store run by a volunteer-driven, non-denominational Christian organization and supported by the Bibles For Missions Foundation Canada.



The Mission Thrift Store supports local food banks, women's shelters, job training and literacy programs. It is a great place to shop or to take your donations to.

In our travels, we have also passed several churches along the way including Holy Resurrection Ukrainian Catholic across from the Sackville Hill Centre on Upper Wentworth, Most Blessed Sacrament Roman Catholic on Fennell, Hamilton Japanese United Church on Upper Gage, and St. Mary Margaret Catholic on Idlewood Avenue, a few blocks east of Upper Ottawa.

We have come to the end of Fennell St. East at Mountain Brow Blvd and what a view! Anyone for a round of golf at King's Forest Golf course? Or maybe a hike to Mount Albion Falls?

Good Food Box

The program offers nutritious food at a reasonable cost while also providing additional bulk produce to support Neighbour to Neighbour, St. Matthew's House and the Native Women's Centre. The cost is \$22 via e-transfer. You will receive a variety of fresh vegetables and fruits which change monthly. Everyone is welcome to order a Good Food Box.

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.

Order by February 5

Pick up February 12

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

130 Victoria Ave. N. (Eucharist church)

12 p.m. to 2:30 p.m.



Past Events



Christmas Eve service 2025



Hiking Group November 2025



Supper Club December 2025



Handbells



Little Library 232 Fennell Ave. E.

Shrove Tuesday- February 17

Streetlight Church

10:00 a.m. to noon

82 Ferguson ST. N., Hamilton

We will have pancakes at the People's Café at the Streetlight Church.

Trinity 232 Fennell Avenue E.

The LLU and Congregational Life Committee are preparing a pancake and sausage lunch from 12:00 to 2:00 p.m. Everyone is invited.



Trinity's Annual Meeting

Sunday, February 22 at 11:00 a.m.

232 Fennell Avenue E.

Please join us for Trinity's annual meeting to take place after the service.

Winter Retreat

February 27 to March 1

The winter retreat is a weekend for our youth and confirmation class students at Hidden Acres Mennonite Camp and Retreat Centre. Young people from different congregations of our synod meet for games, crafts, learning and worship.

Ash Wednesday- February 18

Trinity -232 Fennell Ave. E. at 11:30 a.m.

Ash Wednesday Service followed by a Soup Luncheon.

Lenten Devotions- February 26

Trinity -232 Fennell Ave. E. at 6:00 p.m.

Soup Supper followed by Lenten Devotions at 7:00 p.m.



Evening Ash Wednesday Services

Wednesday February 18

- **Church of the Nativity Hamilton**, 1831 King St. East at 7:00 p.m.
- **St. Paul's Anglican Church** Ecumenical Service at 1140 King St. West at 7:00 p.m.
- **Church of the Resurrection**, Anglican, 435 Mohawk Road West at 7:00 p.m.

Chronic Obstructive Pulmonary Disease (COPD)

by Sparrow Rabideau

COPD is chronic progressive lung disease. Symptoms gradually worsen over time. It includes the conditions of chronic bronchitis and emphysema.

First, let me give you an overview of the lower respiratory tract. It can be thought of as an inverted “tree”. The trachea (windpipe) is like the trunk of the tree. It splits into right and left bronchi and then into successively smaller branches called bronchioles. Finally, there are the alveoli (air sacs) where the exchange of air occurs with the blood stream. Think of them as the “leaves” of the inverted tree. Oxygen enters the tiny blood vessels (capillaries) around the alveoli and carbon dioxide (waste) exits.

Emphysema is a type of COPD in which the alveoli have become damaged. In chronic bronchitis, damage affects the bronchial branches with swelling and mucous, restricting air into and out of the lungs. Both conditions can coexist to various degrees in the same individual.

Symptoms of COPD include shortness of breath (dyspnea), daily cough productive of sputum, and a whistling sound in the lungs called wheezing. By far the most common cause of COPD is cigarette smoking. Air pollution, occupational dust, and a genetic condition called Alpha-1-antitrypsin deficiency are other possible causes of COPD.

COPD is diagnosed by symptoms along with a long history of cigarette smoking. A chest x-ray will be done. A pulmonary function test will be performed which involves breathing into a machine that measures lung volume and air flow rates. Blood work may also be done.

Once a diagnosis of COPD is established treatment can be started. The most crucial step in managing COPD is to quit smoking. It can significantly slow the progression of the disease and improve lung function.

In regard to medications, inhaled bronchodilators are often the first line of treatment. They help relax the muscles around the airways making it easier to breathe. There are two types: Short-acting bronchodilators such as Ventolin (generic-salbutamol) used as needed for quick relief and Long-acting bronchodilators, such as Serevent and Spiriva, are taken regularly to control exacerbations (flair-ups).

Inhaled steroids are used to decrease swelling in the airways. They are used regularly along with a long-acting bronchodilator. Examples of inhaled steroids are Pulmicort and Flovent. There are many combinations of inhaled long-acting bronchodilators and steroids available.

Antibiotics are often used to treat acute exacerbations of COPD which is usually indicated by a change in the colour and volume of sputum.

It is important to see your health care provider regularly to monitor your response to treatment.

Finally, it is important for people with COPD to stay up to date with vaccines available for respiratory diseases such as influenza, Covid-19, and pneumonia (Pneumovax).

Social Ministry Committee

by Lynne Shanks

Thank you for your on-going generous support of the Social Ministry initiatives. Your generous gift cards, along with \$1,890 used to purchase additional cards, were shared between Living Rock Ministries and Liberty for Youth, supporting at-risk young people in our community.

You also continue to help us address food security in our community by helping us fill **Hamilton Community Fridges and Pantries**. In addition to your food donations, members of the Social Ministry Committee purchase \$750 worth of groceries each month and deliver them to a community fridge and pantry. Food donations can be left in the box at the back of the church.

Financial donations can be made:

- In your Sunday offering
- By e-transfer to tlchamilton2020@gmail.com
- A cheque made out to Trinity Lutheran Church and mailed to 232 Fennell Ave. E., Hamilton, L9A 1S7. Please include a note indicating what your donation is supporting.

We continue to collect clean, gently used water repellent **winter coats and gloves** to be used at our People's Cafe or distributed in the community. There is a sign by the front door at Trinity designating the drop off area in cloakroom.

Thanks also to our **knitters and crocheters** for their donations of hats, socks, scarves, baby sweaters, blankets and baby hats (for newborns at McMaster). **Please note that we are not accepting clothing donations (other than the winter coats and gloves)**. Your donations are making a difference in the community. Warm clothing was shared with new refugees through the Hamilton Centre for Newcomer Health and with an Indigenous Outreach worker at Niwasa Kendaaswin Teg, allowing us to also support someone recently transitioning out of homelessness.

Contact Dianne Busser at 905-389-4008 if you have wool to donate or need knitting or crocheting supplies. Our **Little Library** at Fennell is now in operation at the front of the church. Please donate used fiction books. Everyone is welcome to use the library.

Let's Go Hiking

Saturday, February 21 at 9:30 a.m.

Sam Lawrence Park

255 Concession St. Hamilton

Come and join us for a walk along the Mountain Brow, at Sam Lawrence Park. We will meet in the parking lot at 9:30 a.m. Hope to see you there!



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

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:
 - 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. 1** **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
Sunday School -10:00 a.m.
- Monday Feb. 2** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Feb. 3** **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
Newsletter Committee Meeting- 7:00 p.m. via Zoom.
- Wednesday Feb. 4** **Social Ministry Committee Meeting**- 7:00 p.m. via Zoom.
- Thursday Feb. 5** **Deadline to order Good Food Box**
Mid-Week Worship - 11:30 a.m., 232 Fennell Ave. E.
Choir - 7:00 p.m., 232 Fennell Ave. E.
- Saturday Feb. 7** **Birdwatching Outing**- 10:00 a.m. -Desjardins Recreation Trail,
Hamilton., See page 3 for details.
German Afternoon- 2:00 p.m. - 4:00 p.m. 232 Fennell Ave. E.
- Sunday Feb. 8** **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
Children's Activity- 10:00 a.m.
Coffee Hour- 11:00 a.m. following the service.
- Monday Feb. 9** **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday Feb. 10** **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
- Thursday Feb. 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., 232 Fennell Ave. E.
Mid-Week Worship - 11:30 a.m., 232 Fennell Ave. E.
Choir - 7:00p.m., 232 Fennell Ave. E.
- Friday Feb. 13** **Confirmation Class**- 5:00-7:00 p.m. 232 Fennell Ave. E.
- Sunday Feb. 15** **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
Sunday School -10:00 a.m.

February Events Calendar

- Monday Feb. 16** **Family Day – Church office closed.**
- Tuesday Feb. 17** **People’s Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
Pancake Lunch- Noon to 2:00 p.m. 232 Fennell Ave. E.
Lutheran Ladies United -2:00 p.m. 232 Fennell Ave. E.
- Wednesday Feb. 18** **Ash Wednesday Service and Soup Luncheon**
11:30 a.m., 232 Fennell Ave. E.
- Thursday Feb. 19** **Choir** - 7:00p.m., 232 Fennell Ave. E.
- Saturday Feb. 21** **Hiking Group** -9:30 a.m., Sam Lawrence Park. See page 9.
- Sunday Feb. 22** **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
Children’s Activity- 10:00 a.m.
Annual General Meeting to follow the Service
- Monday Feb. 23** **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 Feb. 24** **Men’s Breakfast Golden Griddle** - 9:00 a.m.,1119 Fennell Ave. E.
People’s Café - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
Creation Care Group- 7:00 p.m. 232 Fennell Ave. E.
- Wednesday Feb. 25** **Lenten Devotions- Faith Evangelical Lutheran Church** -2:00 -3:00 p.m.,
57 Brant Ave, Brantford.
- Thursday Feb. 26** **Lenten Devotions** -11:30 a.m. 232 Fennell Ave. E.
Soup Supper and Lenten Devotions -6:00 p.m. 232 Fennell Ave. E.
Choir - 7:00 p.m., 232 Fennell Ave. E.
- Saturday Feb. 28** **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.