



# 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

#### Music as Praise

**"Rejoice in the Lord, you righteous; praise is fitting for the upright.**

**<sup>2</sup>Praise the Lord with the lyre; make music for God with a ten-stringed harp.**

**<sup>3</sup>Sing for the Lord a new song; play your instrument skillfully with joyful sounds."**

**(Psalm 33:1-3, Evangelical Lutheran Worship)**

It is hard to believe that this month will mark the beginning of my third year with you at Trinity, an anniversary celebrated on Music Sunday. I will always remember fondly my welcome on that first day when the sanctuary was filled with the sound of the choir, praise team, string quartet, soloists, and congregational singing.

Music is such an important part of our liturgical heritage in the Lutheran church. As compared to other reformers of his generation, Martin Luther held high the importance of music in helping proclaim the gospel message. As a pastor, scholar, writer, and musician, Luther helped sustain and influence both a form and substance of worship that deeply integrated music and singing.

In writing about Luther's use of music, scholar Robin A. Leaver points to the earliest mention of music in the Bible. As the nations grow out from Eden, we are told in Genesis 4:21 of "Jubal; he was the ancestor of all those who play the lyre and pipe." **Continued next page.**

### May 2026

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## Trinity Milestones



## Happy Birthday

Congratulations to our Trinity members turning 90+.

**Helmut Zabel - Turning 100!**

**May 8**

**John Kerwin - May 18**

**Erwin Lutz - May 19**

**Bernie Mertins - May 24**

**Grace Giles - May 25**

**Franz Knebel - May 28**

**Marie Stanat - May 31**

## Pastor's message continued

From scripture's earliest civilizations comes music, a practice that carries forward to David dancing before the Ark's procession, canticles of praise sung by Moses, Miriam, and Zechariah, and the Psalms of David which we recite each week.

The words of Psalm 33 quoted above remind us that we rejoice in God's righteousness with our music. With our voices and instruments, we sing a new song. Music, like all that we have in life, is a gift of God that we are then invited to use in returning praise to our Creator. Whether humming a tune on your morning commute, listening to inspired music on the radio, or lifting our voices together on Sunday morning, each note may proclaim the glory of God.

This year our Music Sunday falls on the day of Pentecost, the day we remember the Spirit descending upon the disciples and people hearing them speaking in various languages. Many of our hymns this year will include verses in various languages, reminding us that just as the gospel transcends borders and language, so too does our music. I look forward to offering our praises again at the end of May with harp and lyre, playing our instruments skillfully and with a joyful sound.

## Save the Date

### Trinity Fundraiser Dinner for Building Fund

**Friday, June 5 at 6:00 p.m.**

Enjoy a three-course dinner that includes a garden salad, baked ham, scalloped potatoes, vegetable medley and dessert.

\$35. Per Person

More information to follow.

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

The Trinity Board gratefully acknowledges the generous contribution received from the Friendship Circle for the Renovation Fundraising Campaign. Established approximately 25 years ago, the Friendship Circle has convened at both the former Transfiguration and now Trinity at the Fennell site. Throughout its history, the group has produced and donated thousands of CLWR Kits and has raised substantial funds distributed to organizations such as CLWR and Neighbour to Neighbour. Recently, they contributed \$10,000.00 to the Renovation Fundraising Campaign, allocating \$5,000.00 to the Little Library, and providing \$5,000.00 for audio visual equipment. The Renovation Fund currently exceeds \$18,000.00—a notable beginning. Trinity extends sincere appreciation to the Friendship Circle for their support; these funds will facilitate the creation of a new Little Library area at Hughson and enhance Zoom meeting capabilities through updated equipment in the renovated Sanctuary.

If you haven't already, please consider donating to the Renovation Fund. With a \$200 donation, you can help purchase chairs for the Sanctuary, furniture for the Parish Hall, kitchen appliances, or cover other renovation costs not included in our contract with Renokrew. All contributions support Hughson's ongoing ministry after renovations are complete. A sample of the proposed Sanctuary chair is at the back of the Fennell location—feel free to try it out and share your feedback with any board member or pastor to assist in our decision-making.

## **In Memoriam**

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

Walter Anders- March 31, 2026.

## **A Heartfelt Thank You**

Thank you to our Church Family for all the prayers, encouragement, cards and hugs during Mark's illness and passing.

Waltraut and Family

## **Let's Go Hiking**

**Saturday, May 2, 9:30 to 11:00 a.m.**

Matt Broman Park, Hamilton

## Music Therapy - What is It, and Who Can It Help?

by Christopher Mertz

English composer Edward Elgar once said, “*there is music in the air, music all around us. The world is full of it, and you simply take as much as you require.*” Music is one of the most beautiful things that we as humans all share.

I completed my undergraduate degree in Music Therapy from Wilfrid Laurier University in 2019 and worked for some time as a music therapist in palliative care, long-term care, and learning disability settings. (music therapy is only *music therapy* when the practitioner in Canada is a certified professional who has completed the requisite education and examinations.)

During my undergraduate, my class spent a significant amount of time discussing what music therapy actually *IS* - and believe me, there was hardly consensus. One definition that I always appreciated was the one offered by music therapy pioneer Kenneth Bruscia:

*Music Therapy is a reflexive process wherein the therapist helps the client to optimize the client’s health, using various facets of music experience and the relationships formed through them, as the impetus for change.*

I realize that this is a bit of a mouthful, but the two words that are front and center to this definition are *reflexive* and *relationship*. Music is a wonderfully unique method of therapy because it allows the therapist and the client to meet at a new level, outside of the structures that are assumed in more traditional forms of therapy. Through music, the client and therapist can build a collaborative relationship that is based on creativity and inherent grounding. Together, they create a completely new space for the client to process.

As a result, music therapy can look many different ways, and you may encounter it in a variety of different settings. For a cancer patient it can mean listening to a music therapist play soft music before a procedure. Music therapy can also mean using elements such as rhythm and melody to exploit neuroplasticity and help stroke and brain injury survivors in their recovery. It can mean songwriting to process depression, anxiety, or trauma in a mental health setting or free improvisation on voice or instruments with those who haven’t been able to learn to speak.

Working with different populations in this field was an incredibly formative part of my career in mental health and psychotherapy.

In the spirit of Edward Elgar, music is there for us to partake in, and to make our own, in all its mysterious beauty.



### Mosquito Transmitted Disease

The major disease in Ontario is West Nile disease. It is spread by the bite of a mosquito that has fed on an infected bird. Blue Jays and Crows are particularly hit hard by West Nile virus.

Depending on the onset of warmer weather, the risk of becoming infected goes from April until the first frost. The greatest risk is between mid-July to early September. Mosquitoes are most active at dawn and dusk, but they can bite anytime, especially in wooded areas. Our local Public Health Department makes announcements about West Nile illness activity.

Symptoms of West Nile disease are usually mild: low-grade fever and body aches. There is no specific treatment for West Nile disease, but Tylenol or Advil can be used for symptom relief. A blood test can be done to see if you have West Nile disease but is reserved for individuals with more severe symptoms: high fever, severe headache, nausea/vomiting, drowsiness and confusion. Severe cases are hospitalized for IV fluids and other supportive measures.

To prevent becoming infected with West Nile virus, wear long pants, a shirt with long sleeves, and a hat to protect your head. A mosquito net over your head can be used as well if you are hiking in areas where mosquitos are very active. Also, light colored clothing is less attractive to mosquitoes.

When you are outside in mosquito active areas, you can use insect repellents such as OFF (which contains DEET) or Icaridin (a non-DEET containing option).

To reduce mosquito breeding in your yard, eliminate any collected standing water.



### Tick Transmitted Disease

The major tick transmitted disease in Ontario is Lyme Disease. It is a bacterial infection which is contracted from by the bite of an infected deer tick. These ticks are also known as black legged ticks. These ticks can attach to any part of your body. The tick on your skin will crawl around a bit until it finds a spot to latch and have a blood meal at your expense.

**Continued next page.**

### Tick Transmitted Disease continued

When the tick is finished, it will drop off. A tick will usually have to be attached to a person for at least 24 hours to give you Lyme Disease. Symptoms of Lyme Disease include a rash called erythema migrans. It is red and gets larger over several days. It feels warm but is not painful or itchy. There may also be fever, chills, headache, fatigue, and muscle & joint pains. If Lyme Disease is not recognized early and treated with antibiotic (usually doxycycline), it worsens to affect your nervous system, joints, and heart (palpitations).

The prevention of acquiring Lyme Disease from an infected deer tick is much like the precautions to prevent West Nile disease from mosquitos. Cover as much of your skin as possible with clothing and use OFF (DEET) or Icaridin, especially if walking through grassy, bushy, or wooded areas. Do a skin check when you get inside to make sure there are no ticks on your skin.

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## Lutheran Ladies United

### Annual Plant and Bake

**Saturday, May 9, 2026, 10:00 a.m. - 2:00 p.m.**

Trinity Church- 232 Fennell Ave. E.

Indoor/Outdoor Plants and Baking

Stay for Lunch, Coffee & Cake and Fellowship

The plant and bake sales have always been successful events because of your faithful support and we are counting on it again this year. Donations can be dropped off the week of the sale on Thursday & Friday during office hours, and on Saturday. Thank you!!!

Proceeds will be donated to the FOOD4KIDS program, as food is urgently needed during the summer months.



## Bible Study

**Sundays at 11:15 in-person and on Zoom**  
**May 3, 24, 31**  
**June 7**

Join us for one hour on Sunday following worship as we study the Apostles' Creed and Luther's instruction in the Small and Large Catechism. For six weeks, we learn about how the church has used creeds, and we will work on writing personal creeds of faith.

For more information email Pastor Jordan at [revjordansmith@gmail.com](mailto:revjordansmith@gmail.com).



## **Bible Study:** **Our Confession of Faith** **The Apostles' Creed**

**Sundays at 11:15am**

April 19    April 26

May 3      May 24

May 31    June 7

**In-Person and on Zoom**

[revjordansmith@gmail.com](mailto:revjordansmith@gmail.com) for information

## Good Food Box

The program runs every second Thursday of the month from September to June. 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 of \$22 through e-transfer to Trinity Lutheran Church- [tlchamilton2020@gmail.com](mailto:tlchamilton2020@gmail.com) is required. Everyone is welcome to order a Good Food Box.

**Order by May 7**

**Pick up May 14**

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



*Confirmation March 29, 2026*



## Social Ministry Committee

by Lynne Shanks

Students who attended the **McMaster University Chaplaincy Centre's Exam Hospitality Room** were lucky to receive all the baked goods donated by Trinity members. We take pride in offering exceptional comfort food and feel it is a wonderful way to share our love! Thank you to those that donated baked goods. We appreciate your support.

We continue to ask for financial donations and food donations in support of **Hamilton Fridges and Pantries**. Food donations can be left in the box at the back of the church.

Financial donations for **Hamilton Fridges and Pantries** can be made:

- 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., Hamilton, L9A 1S7.

Please include a note indicating what your donation is supporting.

**Knitters and crocheters** can continue to make prayer shawls and baby items. Completed items can be left at the church or contact Dianne Busser at 905-389-4008 to arrange pick up or if you have wool to donate or need supplies to knit or crochet.

**We are not collecting any winter/ seasonal clothing.** We continue to accept used fiction books for our **Little Library**. Everyone is welcome to check out the library.



## Music Sunday

**Sunday May 24, 10:00 a.m.**

Join us for beautiful music, including favourite hymns, the Trinity choir, praise team and handbells, and the Harmonium String Ensemble. Invite friends and come worship with us through music.

You'll be glad you came!



## Trinity Lutheran Pastors

**Pastor Daniela Mertz**

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**Pastor Jordan Smith**

[revjordansmith@gmail.com](mailto: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.

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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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## May 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.

- Saturday May 2**                    **Let's Go Hiking-** 9:30 to 11:00 a.m., Matt Broman Park, Hamilton
- Sunday May 3**                    **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Children's Activity** -10:00 a.m.  
**Spring Bible Study-** 11:15 a.m. 232 Fennell Ave. E.
- Monday May 4**                    **Friendship Circle** - 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday May 5**                    **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.
- Thursday May 7**                    **Deadline for ordering Good Food Box**  
**Mid-Week Service** -11:30 a.m. 232 Fennell Ave. E.  
**Choir** - 7:00 p.m., 232 Fennell Ave. E.
- Saturday May 9**                    **Plant and Bake Sale-** 9:00 a.m. -1:00 p.m., 232 Fennell Ave. E.
- Sunday May 10**                    **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Sunday School-** 10:00 a.m.
- Monday May 11**                    **Friendship Circle** – 9:30 a.m. to 11:30 a.m., 232 Fennell Ave. E.
- Tuesday May 12**                    **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
- Thursday May 14**                    **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** - 7:00 p.m., 232 Fennell Ave. E.

## May Events Calendar

- Sunday May 17**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Children's Activity** -10:00 a.m.
- Monday May 18**      **Victoria Day**
- Tuesday May 19**      **People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
- Thursday May 21**      **Mid-Week Service** -11:30 a.m. 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E.
- Sunday May 24**      **Music Sunday Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Sunday School**- 10:00 a.m.  
**Spring Bible Study**- 11:15 a.m. 232 Fennell Ave. E.
- Monday May 25**      **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 May 26**      **Men's Breakfast Sunnyside Grill** - 9:00 a.m., 930 Upper Paradise  
**People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
- Thursday May 28**      **Mid-Week Service** -11:30 a.m. 232 Fennell Ave. E.  
**Choir** - 7:00p.m., 232 Fennell Ave. E.
- Saturday May 30**      **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 May 31**      **Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.  
**Sunday School**- 10:00 a.m.  
**Spring Bible Study**- 11:15 a.m. 232 Fennell Ave. E.