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

"He who should teach men to die would at the same time teach them to live."- Michel de Montaigne, 16th-century French philosopher and writer

November is a meaningful month for reflection. With All Saints Day and Remembrance Day, we are invited to pause and consider the precious gift of life, the reality of death, and the lasting impact of those who have gone before us.

Montaigne's words remind us that reflecting on our mortality can also teach us something important about living well, cherishing each day, appreciating those around us, and finding comfort in our faith.

During our All Saints worship service on November 1, we will remember those who have passed away over the past year. As each name is read aloud, a candle will be lit in their memory, honouring the lives they lived and the love they shared.

Throughout the world, people observe All Saints Day in different ways. Some visit cemeteries to spend quiet moments at the graves of loved ones. Others set an extra place at the dinner table, symbolizing the presence of someone dearly missed and the wish that they could once again share a meal together.

Losing someone we love is never easy, especially when death comes unexpectedly or too soon, leaving us without the opportunity to say goodbye as we would have wished. Grief can be difficult, but remembering those we have lost helps us honour their lives and the influence they continue to have on our own.

November 2026

Volume 7 Issue 9

Inside this issue

Pastor's Message 1
Pastor's Message cont. 2
Milestones 2
Exodus Bible Study 2
Burial Traditions 3
Burial Traditions 4
Christmas Market 5
Health Article 6
Supper Club 7
First of Advent 7
Past Events 8
Social Ministry 9
Good Food Box 9
Contact Information 10
Events Calendar 11
Events Calendar 12

Trinity Milestones



Happy Birthday

Congratulations to our Trinity members turning 90+.

Eugenie Fischer- Nov. 12

Evelyn Campbell - Nov. 22

Josephine Marcinko-Nov. 22

Pastor's message continued

We remember those who were role models for us in faith and in life. We remain connected to them because we believe they now have a place with God, whatever that may look like.

When we light a candle, visit a grave, or simply take a moment to remember, we affirm that the bonds of love endure. Death may separate us physically, but it cannot erase the love we carry in our hearts.

In the Gospel of John, Jesus offers these reassuring words:

"I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also."

What a comforting promise! Jesus assures us that there is a place prepared for us, that our future rests in God's hands, and that both the living and those who have gone before us are held in His eternal love.

Through His death and resurrection, Jesus Christ opened the way to everlasting life with God. When He appeared to His disciples after the resurrection, He offered them reassurance, peace, and hope. That same promise continues to speak to us today: "I am with you always, even to the end of the age. You need not be afraid; I am at your side."

Exodus Bible Study

Sunday October 18, 25, Nov 1, 15, 22. Starting at 11:15 a.m.-12:15 p.m.

232 Fennell Avenue East and on Zoom

Join us for one hour each Sunday following worship as we read and discuss sections of the book of Exodus and the Ten Commandments. Bring your questions and insights as we learn from this book which tells of the Israelite's journey to freedom and the gift of God's law.

Burial Traditions: Understanding Choices and Christian Faith
by Pastor Daniela Mertz

In many older still-life paintings, we see symbols such as a skull, an extinguished candle, or decaying fruit alongside everyday objects. These images were intended to remind viewers of the temporary nature of life and the emptiness of worldly vanity.

They reflect the wisdom of Psalm 90:12:

"Teach us to number our days, that we may gain a heart of wisdom."

Each November, as we observe All Saints Day and Remembrance Day, we are invited to reflect on our mortality and remember those who have gone before us.

These occasions may also prompt an important question: **How would we like to be laid to rest, and what burial options are available in Ontario?**

Burial Options in Ontario

Traditional Burial

In Ontario, a body or casket must be buried or entombed in a licensed cemetery. Burial on private property is generally not permitted unless the land has been approved as a cemetery.

Traditional burial involves placing the deceased in a grave, usually in a casket, sometimes with a burial vault or grave liner. Embalming is not always necessary.

Cremation

Cremation is an increasingly common choice. Following cremation, ashes may be buried in a cemetery plot, placed in a columbarium, kept in an urn at home, or scattered in an appropriate location.

In Ontario, ashes may also be scattered on private property with the landowner's consent, subject to applicable regulations. Families should confirm current requirements before making arrangements.

Green or Natural Burial

Green burial has emerged as an environmentally conscious alternative. It generally avoids embalming and uses biodegradable materials, such as simple wooden caskets or burial shrouds, allowing the body to return naturally to the earth.

Some Ontario cemeteries now offer green burial sections featuring meadow or woodland settings rather than traditional rows of headstones.

Continued next page

Burial Traditions Continued

What Does Our Christian Faith Teach Us?

From a Christian perspective, there is no single prescribed method of burial found in the Bible, the creeds, or our understanding of humanity.

Burial practices are matters in which Christians have freedom of choice. No particular form of burial is required to receive God's gift of salvation.

Saint Augustine, an influential Christian theologian of the fourth and fifth centuries, observed that burial or the absence of burial does not determine our eternal destiny (*The City of God*, Book I, Chapter 12).

Throughout Christian history, however, one principle has remained constant: **the importance of treating the deceased with dignity, reverence, and respect.**

Our faith allows room for different traditions, personal preferences, and family wishes.

Burial as an Act of Christian Compassion

From the earliest days of the Church, caring for the deceased was considered an important responsibility of the Christian community.

Burying the dead has traditionally been recognized as one of the seven corporal works of mercy. For those living in poverty, the Christian congregation was sometimes the only means of receiving a dignified burial.

Indeed, early Christians were so committed to this responsibility that some regarded their communities as a kind of burial society.

This tradition reminds us that caring for one another extends beyond life itself. Comforting grieving families and honouring loved ones are meaningful expressions of Christian love.

Our Hope in Christ

Ultimately, our Christian hope does not rest in how or where we are buried, but in God's enduring love and the promise of eternal life through Jesus Christ.

Through Christ, we are assured that nothing, not even death, can separate us from the love of God.

Whatever burial arrangements we choose, we can take comfort in knowing that our lives, both now and eternally, rest in God's loving hands.

Donations Needed for the Christmas Market

We welcome your donations for the upcoming Christmas Market in November! We are looking for jewelry (including broken chains or single earrings), figurines, music boxes, china, knick-knacks, Christmas ornaments and decorations. Pre-owned treasures can make wonderful gifts.

Prior to November 6, donations may be dropped off at our Fennell site on Sundays or during office hours, Monday to Friday, 9 a.m. to 3 p.m. Please call Carol-Ann first to arrange drop-off. After November 6, please call a pastor to arrange. For questions or assistance, contact Emma Begert at erbegert@gmail.com.
Unfortunately, we cannot accept yard sale items at this time.

Thank you for your generosity! All proceeds will support Youth Outreach Programs.



Christmas Market

Saturday November 14, 2026
10:00 am to 2:00 p.m.

Trinity Lutheran Church-232 Fennell Ave. E.

Get into the holiday spirit at our Christmas Market! Browse a wonderful selection of **homemade baked goods, unique gifts, collectibles, jewellery, crafts and Christmas treasures.** You might just find that perfect gift for someone special!

Stay for Lunch! Enjoy delicious sausage and sauerkraut on a bun, hot dogs, or relax with a cup of coffee or tea and a sweet treat.

Everyone is welcome. Bring your family and friends, enjoy some festive cheer and support a wonderful cause!



Celiac Disease by Sparrow Rabideau

Celiac disease is chronic autoimmune disease, mainly affecting the small intestine. It is caused by the consumption of gluten, which is a protein found in wheat, barley, and rye. It affects 1 in 100 people worldwide.

If you have celiac disease, consuming gluten can cause symptoms such as diarrhea, weight loss, bloating and anemia which is due to inflammation of the small intestine.

Having a close family member with celiac disease, such a as parent or sibling, you have a 10% chance of getting celiac disease. Like many other autoimmune diseases, it is more likely to affect women. They make up 60-70% of cases.

You can get celiac disease at any age. In children between 8-12 months, it can start when they begin eating foods that contain gluten. In adults it is often diagnosed between 40-60 years of age.

Diagnosis is often delayed. A blood test checking for antibodies against gluten can be done. If positive, you would likely undergo an upper endoscopy to sample tissue from the small intestine. If the biopsy is positive for celiac disease, blood tests will be done to check for anemia, C-reactive protein (a marker for inflammation), vitamin D, B12, and folic acid to look for deficiencies, and serum iron and ferritin to check for iron deficiency.

The treatment for celiac disease, once confirmed, is to adopt a Gluten-free diet for life. After a few weeks, the small intestine begins to heal. However, even small amounts of gluten can be harmful. Food labels must be read on any prepared or processed foods to ensure they are free of gluten. Wine, hard cider, gluten-free liquor such as rum, gin, tequila, and potato vodka are safe to consume. Gluten-free beer is also an option but is sometimes hard to find.



Gluten Free Bread

You're Invited to Our Next Supper Club

Thursday November 26 from 5:30 to 6:30 p.m.
232 Fennell Ave. E.

Join us for an evening of good food and fellowship!

Come a little early to watch a cooking demonstration and discover how to turn fresh Good Food Box vegetables into a delicious meal. You'll even receive a recipe to try at home!

Everyone is welcome. We hope to see you there!

Please register with Pastor Thomas at tfrm58@gmail.com to assure we have enough food prepared.



First of Advent Coffee Hour- Congregational Life Committee

Sunday November 29, 2026, after Worship

232 Fennell Ave. E.



This year the First of Advent falls on Sunday, November 29. We welcome this festive season by celebrating with seasonal hymns, choir, handbells, strings, and a special fellowship hour following the service.

We invite those who are able to contribute towards the coffee hour by donating sandwiches, baked goods, cheeses, fruit etc. Your donations can be dropped off before the service. Many thanks in advance!

Past Events



October 20, 2026, LLU Potluck



Bonfire Oct. 3., 2026



Blessing of the Animals Oct.3., 2026

Social Ministry Committee by Lynne Shanks

Canadian Lutheran World Relief (CLWR) works with Canadians to show God's love by providing humanitarian aid to those who need it most. Recently CLWR has been working with humanitarian partners to support families following the catastrophic flooding in Nepal. With the help of your donations, they assess urgent needs and provide emergency support. You can donate directly to CLWR, or as noted below.

Hamilton Fridges & Pantries: Your continued food and financial donations help us stock community fridges and pantries each month.

Financial donations to **CLWR or Community Fridges and Pantries** 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 stock our Fennell **Little Library** with donations of used fiction books**.**

Winter Coats & Boots: As colder weather approaches, please donate clean, gently used, water-resistant winter coats and boots for neighbours in need. Leave donations in the cloakroom at Fennell. No other clothing, please.

Knitters & Crocheters: Donations of handmade hats, scarves, prayer shawls and baby items are welcome. Drop off completed items at the church. For pickup, wool donations or supplies, contact Dianne Busser at 905-389-4008.

Good Food Box

The Good Food Box pickup is on Thursday November 12, 2026. The cost is $22. Order through Trinity's website by November 5 on the Good Food Box sign up page or by contacting Pastor Thomas at 289-680-7387 or email tfrm58@gmail.com. Starting in January, the cost will increase to $25.

Payment through e-transfer to Trinity Lutheran Church tlchamilton2020@gmail.com is required. Everyone is welcome to order a Good Food Box.

Order by November 5
Pick up November 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.

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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November 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 Nov. 1	**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E. **Sunday School**- 10:00 a.m. **Exodus Bible Study**- 11:15 a.m. to 12:15 p.m.
Monday Nov. 2	**Friendship Circle** - 9:30 a.m. to 11:00 a.m., 232 Fennell Ave. E. **Social Ministry Committee Meeting**- 7:00 p.m. Via Zoom
Tuesday Nov. 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.
Thursday Nov. 5	**Good Food Box Deadline** **Mid-Week Service -**11:30 a.m. 232 Fennell Ave. E. **Choir** - 7:00p.m., 232 Fennell Ave. E.
Sunday Nov. 8	**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E. **Sunday School**- 10:00 a.m. **Confirmation Class**- 11:30 a.m. to 1:30 p.m.
Monday Nov. 9	**Friendship Circle** - 9:30 a.m. to 11:00 a.m., 232 Fennell Ave. E. **Worship & Music Committee Meeting**- 7:00 p.m. Via Zoom.
Tuesday Nov. 10	**People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
Thursday Nov. 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., 130 Victoria Ave. N. **Mid-Week Service -**11:30 a.m. 232 Fennell Ave. E. **Choir** - 7:00p.m., 232 Fennell Ave. E.
Saturday Nov. 14	**Christmas Market**- 10:00 a.m. to 2:00 p.m**.** 232 Fennell Ave. E.
Sunday Nov. 15	**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E. **Sunday School**- 10:00 a.m. **Exodus Bible Study**- 11:15 a.m. to 12:15 p.m.

November Events Calendar

Monday Nov. 16	**Friendship Circle** - 9:30 a.m. to 11:00 a.m., 232 Fennell Ave. E.
	Trinity Board of Directors Meeting- 7:00 p.m. 232 Fennell Ave. E.
Tuesday Nov. 17	**People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
Thursday Nov. 19	**Mid-Week Service -**11:30 a.m. 232 Fennell Ave. E.
	Choir - 7:00p.m., 232 Fennell Ave. E.
Saturday Nov. 21	**Let's Go Hiking**- 9:30 a.m. Meet at Gage Park at the parking lot.
Sunday Nov. 22	**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
	Sunday School- 10:00 a.m.
	Confirmation Class- 11:30 a.m. to 1:30 p.m.
	Exodus Bible Study- 11:15 a.m. to 12:15 p.m.
Monday Nov. 23	**Friendship Circle** - 9:30 a.m. to 11:00 a.m., 232 Fennell Ave. E.
Tuesday Nov. 24	**People's Café** - 10:00 a.m. to 12:00 p.m., 82 Ferguson St. N.
	Men's Casual Breakfast- 9:00 a.m. Sunnyside Grill, 930 Upper Paradise, Hamilton.
Thursday Nov. 26	**Mid-Week Service -**11:30 a.m. 232 Fennell Ave. E.
	Supper Club -5:30–6:30 pm at 232 Fennell Ave. E.
	Choir - 7:00p.m., 232 Fennell Ave. E.
Saturday Nov. 28	**Men's Breakfast** - 9:00 a.m., 232 Fennell Ave. E.
	Bibles and Bagels- 9:00 a.m., 232 Fennell Ave. E.
Sunday Nov. 29	**Worship Service** (in-person & Zoom) 10:00 a.m., 232 Fennell Ave. E.
	Sunday School- 10:00 a.m.
	First Advent Coffee Hour-after worship service.
Monday Nov. 30	**Friendship Circle** - 9:30 a.m. to 11:00 a.m., 232 Fennell Ave. E.